Chichester Herald

Friday 19th July 2013
YOUR FREE WEEKLY NEWSPAPER

INSIDE

It's the top banana in Chichester
TOMMY BOYD
Page 4

Goodwood Festival of Speed 2013
PHOTO FEATURE
Page 20

Win 2 tickets to see Monsters University
COMPETITION
Page 22

Record-breaking Goodwood

>> *Bonhams shatters auction records at Goodwood*

Susanna Reid
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

THE BONHAMS classic car auction at the Goodwood Festival of Speed has re-written the history books – it was topped by the Mercedes-Benz W196 that took five-time champion Juan Manuel Fangio to the second of his F1 world championships. It sold for a whopping £19,601,500. The sale as a whole made £30,072,464 to become the highest-grossing auction of motor cars in Europe.

The ex-Fangio car becomes the most valuable motor vehicle ever sold at auction, beating the previous record of £10,086,400 set by a Ferrari in 2011.

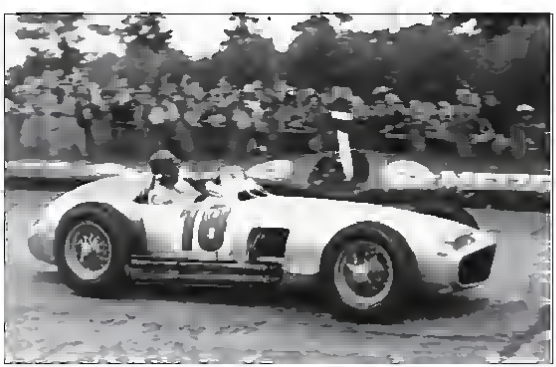
There were bidders from four continents for the car. This shows just how global the collectible car market has become, with new millionaire and billionaire collectors coming out of Asia, Latin America and the Middle East.

The identity of the buyer was not disclosed, although many attendees at Goodwood said the buyer was a phone bidder.

Bonhams also set a new world record highest price for a Maserati at auction, when a 1955 300S Sports-Racing Spider sold for £4,033,500. The previous record was £2,254,520 set in 2012.

The result means Bonhams now holds the world records for the following marques at auction: Aston Martin (£3,200,000), Austin Healey (£843,000), Bentley (£5,000,000), Maserati (£4,033,500), Mercedes-Benz (£19,601,500) and Rolls-Royce (£4,700,000). The sale took place before a packed audience of more than 1,000 people in the marquee, with bidders from 32 countries around the world taking part.

Continued on page 3



Goodwood car sale becomes the most valuable motor vehicle ever sold at auction

MORE HEADLINES >>

CHICHESTER GAS SMELL CAUSES RIGHT STINK! Page 3

BENTLEY THE DOG REUNITED WITH OWNER AFTER GOING MISSING FOR TWO WEEKS Page 12

THE TRIATHLON RETURNS TO CHICHESTER WITH RECORD NUMBERS Page 16

WANTED URGENTLY
SCRAP GOLD BROKEN JEWELLERY WATCHES ETC
TOP PRICES PAID
Lowery Jewellers
74 North Street, Chichester West Sussex PO19 1LQ

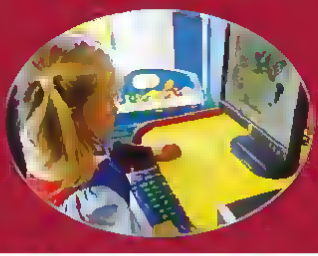
GREAT BALLARD
SCHOOL

Due to popular demand
we are
EXPANDING
our Nursery

Places available now for children aged from 2

At Great Ballard Nursery learning is just so much fun!

Please contact us to arrange a visit



IAPS Co-educational school for children aged from 2 - 13 Situated between Chichester and Arundel

New from Summer 2013 is our Forest School

www.greatballard.co.uk

Eartham House, Eartham, West Sussex 01243 814236 registrar@greatballard.co.uk

FOLLOW US ON TWITTER
@chiherald

Local News

...And Lennon's Ferrari smashes records too

Continued from page 1

Robert Brooks, Bonhams Chairman, said: "It was a personal privilege to preside over the sale of the Mercedes-Benz W 196, which is not only one of the most significant motor cars of the 20th century, but also the most important historic Grand Prix racing car ever offered for sale."

Doug Nye, racing historian, said: "If he were here today Fangio would shake his head and smile his slow smile. He was a humble man, originally a mechanic from a potato town in Argentina – and he never forgot his roots. As a driver, he was simply a genius. As a man he had no enemies. He was universally loved, even by those he regularly beat on track. No standard-setting sportsman could have a better epitaph."

Strong international bidding resulted in a new world auction record for a Ferrari 330GT 2+2 Coupe when John Lennon's first car, lot 311, sold for £359,900at Bonhams auction at the Goodwood Festival of Speed on Friday. Offered for sale with its original DUL 4C registration, this motor car is one of only 500 of its type built and had a presale estimate of £180,000 and £220,000. It was auctioned along with a history file documenting its provenance and restoration, which also includes correspondence with Lennon, and attracted interest from as far afield as America, Australia, and China. In February 1965 The Beatles recorded Ticket to Ride – a song that would become one of their biggest hits, topping both the UK and US singles charts. By happy coincidence, that same month, the news that Lennon had passed his driving test made headlines across the country. Within hours, the road outside the security gates of his Kentwood home in Weybridge, Surrey, was jammed with Maseratis, Aston Martins, and the Jaguar E-type, as luxury car dealerships – hungry for business – spotted an opportunity to secure a high-profile client. The singer, by then a father to 22-month-old Julian by his first wife Cynthia, strolled out to inspect the cars and chose this right-hand drive Ferrari 330GT 2+2 Coupe finished in Azzuro blue paint, with a blue interior, then priced at £6,500.

John Lennon's first car was originally bought for £6,500

For more on last weekend's Goodwood Festival of Speed, see pages 20 and 21.

Chichester gas smell causes right stink!

A SHIP caused a stench with some fearing the whiff was a gas leak.

Emergency services said it received a number of calls at about 3pm on Monday after a strange smell drifted throughout Chichester and along the coast.

Some feared it was a gas cloud with reports that homes were being evacuated.

Southern Gas and Electric said it was sending an engineer out to investigate the problem.

But West Sussex Fire and Rescue Service said the smell had originated from a ship in the Channel that vented its storage tanks.

Let us know what you think
@chiherald

Westgate Leisure
SWIMMING LESSONS
@ westgate leisure chichester
ASA National Teaching Plan for Swimming Stages 1-7
Monday Wednesday Thursday and Friday 4.00-6.00pm
Stages 1-3 Saturday morning 8.30-10.30am
Aquaskills: A class may cover many different aquatic skills including diving, snorkelling and lifesaving
Monday 4.30pm 5pm and 5.30pm
Fridays 4.30pm and 5.30pm
Synchronised swimming: Fri day 5pm – 6pm
Rookie Lifeguard: Looks at water safety and raises awareness and how to carry out water rescues and basic casualty management.
Monday 5pm 6pm Friday 6pm 7pm
Fully qualified coaches
Great range of times and days
Parents can relax and enjoy a coffee whilst watching their children
Lessons form £4 per session
Group lessons and 1-1 lessons available
For more information telephone
(01243) 785651 or visit our website
www.westgateleisure.co.uk

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Arundel Castle was built by the Normans to protect that vulnerable point to the north of the valley through the South Downs.

Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@BritishArmy
"Freedom of the City Soldiers of The Princess of Wales's Royal Regiment (PWRR) have marched through Chichester"

@chiuni
"We are partnering with @ChichesterDC to sponsor the 2013 Chichester Triathlon on Saturday to make this year's event the best yet!"

@AndysFish
"Can't thank @Martini_drinks enough for the tickets to #FoS for Sunday Thanks a million guys!! If you are about in #chichester find my shop"

@radioclashblog
"Footpath from Chichester to Apuldram ends about 50 yards later in an unpassable dual lane motorway I gave up & got the bus"

@beckiehsaunders
"So who has #comedian contacts in the #chichester area? I'm after a comedy night full of them for a charity gig with a top secret headliner!"

Follow us: @chiherald

It's the top banana in Chichester

Tommy Boyd

KILTS ALL ROUND

I'm all for Scottish devolution, it'll make life interesting. And we'll have to find English politicians to get worked up about because the Gordon Browns and Michael Goves will be confined north of the border.

BALONEY

The butcher had his back to me and was muttering to the adjacent fishmonger in an out-of-town supermarket (I had to go north this week – Surrey). "They say there's now 5 million Poles in the country. Unbelievable." Then he noticed me and went: "Can I help you sir?" It hit me to say "Yes you seem to have lots of baloney sliced thin." Why do some people want to believe nonsense?

NATURE'S WAY TRIATHLON

I believe it's being run 'round Chichester shortly. Good luck to all, plenty of fluids for God's sake.

US DEVOLUTION

We're watching the USA splitting into two countries. Not long ago they had marginal states and conservative Democrats who were to the right of liberal Republicans. Both parties have now "purified" as they put it. An event like the recent acquittal of George Zimmerman, who shot the unarmed black youth Trayvon Martin, could...one day...result in an outright civil war.

HOT WEATHER SHORTS

In this weather why do 99% of men's shorts have massive pockets on the side of the thigh? I have nothing that size I need to hand when it's this hot.

MOANING

The hot weather has deprived us of something to moan about but I find people have a substitute moan we moan that we know some people who are moaning that it's too hot, people who only two weeks ago were moaning about the rain. "There's no pleasing some people", we like to moan.

THE TIP

I have a trip to the tip. It's the top banana in Chichester. The dudes who run it are all cool cats dudes who make fluorescent look catwalk and who are clued in but laid back. They know the textile skip is the "Turquoise" one. Note that. Not purple or mauve. Turquoise. They are knowledgeable, helpful and courteous.

AMBULANCE CARS

You know those estate car ambulances? The ones that look exactly like police cars until you see the word "AMBULANCE". I wonder if the medics notice everyone suddenly becoming very well behaved as they drive past.

BRITISH SPORT

We're probably the world's leading sporting nation right now. Did you think we'd ever win Wimbledon, the Tour de France, murder the Aussies at anything you like, have a neat line of heavyweight champion boxers in waiting, the best golfers, best athletes. It all coincides with English football being rock bottom, funnily enough.

JOKE

Sherlock Holmes and Watson are camping. Spread out on the grass late at night. Holmes says "Tell me Watson, what do you see?" Watson replies "Stars, Holmes. Millions of stars." Holmes snaps back "And what do the stars mean to you Watson?" After a moment Watson replies "Well Holmes, that we live in an ordered yet mysterious universe, whose substance and myriad trajectories are known to us but whose extent and purpose and underlying physical principles remain elusive." Holmes ponders this, then says "Rubbish Watson, they mean that's someone has stolen our tent."

Let us know what you think
@chiherald

CONTACT TOMMY AT TOMMYBOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

GUARANTEE YOUR SEAT AT THE AMEX
2013/14 SEASON TICKETS
AVAILABLE NOW!
INTEREST FREE DIRECT DEBIT OPTION* ON ALL 2013/14 SEASON
Ticketline 0844 327 1901
Alternatively you can visit either the Queens Road or Amex ticket offices

Chichester Herald
FREE EVERY FRIDAY
Twitter: @chiherald
Suite 804-806 The Hornet, Chichester, West Sussex, PO19 7BB 01243 200999
info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self-collection up every Friday across Chichester and the surrounding area. It is a wide variety of locations with a weekly readership of up to 75,000.

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus 314 newspaper stands in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include
Aldwick, Arundel, Barnham, Bitcham, Bosham, Cracklesham, Chichester, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Rose Green and East & West Wittering

Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges
megan.hedges@chichesterherald.co.uk

Advertising:
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

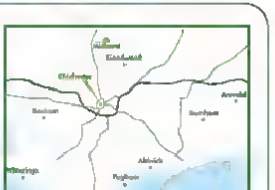
News, sport & entertainment:
news@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

Photographer:
Rebekah Grace
www.rebekahgracephotography.co.uk

It really does work... the testimonials
Furniture & Mirror based in Terminus Road say: "Whilst a couple were having a coffee in Bhs they parked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen it, almost they came around to the show home and having been impressed with the quality and prices they ordered a large selection of goods from us.



recycle
Chichester Herald is printed from 100% recycled paper. Please recycle after your have finished reading your wonderful newspaper.
Printed by Iliffe Print www.iliffeprint.co.uk

The Chichester Herald would like to apologise for any confusion regards to an advert on page 2 last week (12 July). An advert was run for Nuffield Health Chichester Hospital advertising a 'Meet the Surgeon' of which the date had already passed. This advert was our mistake and should not have been printed. We are sorry for any inconvenience. Editor

Bedrooms by
feather & black

Discover inspirational ideas for every bedroom

Feather & Black, Terminus Road, Chichester, PO19 8ZZ
Tel: 01243 380 636 | www.featherandblack.com

WANTED URGENTLY

SCRAP GOLD, BROKEN JEWELLERY, WATCHES ETC.

Lowery Jewellers

74 North Street, Chichester, West Sussex PO19 1LQ
Tel/Fax: 01243 789518 • Email: lowery@btconnect.com
www.loweryjewellers.co.uk

Three in court after Chichester robbery

TWO men and a woman are appearing in court this morning, Tuesday 16 July, following the robbery of a man in Chichester on Monday.

Anthony Hebb, 28, of Marion Street, Oldham, Greater Manchester, James Jones, 24, of Littlebank Street, Oldham, and Stacey West, 26, of Coalshaw Green Road, Chadderton, Oldham, are all due to appear in custody at Crawley Magistrates Court, charged with robbing the man of £2000 cash in Palmers Field Avenue, Chichester, on Monday morning.

West is also charged with dangerous driving, and driving with no insurance and no driving licence.

Some of the stolen money and the victim's laptop were found in a car which was abandoned after the police pursuit from Chichester which ended in Patching.

Enquiries continue to trace a third man believed to have been involved in the robbery.

Police continuing to investigate Bognor deaths

POLICE are continuing to investigate the deaths of a man and a woman who were found in a flat in Park Road, Bognor, on Friday 12 July.

Emergency services were called at 3.40pm and discovered the body of a 51 year-old man and a woman aged 30.

Their deaths are currently being treated as unexplained but are not being treated as suspicious.

Detective Inspector Rob Walker said: "Despite some media reports, we have not found any evidence of the drug crystal meth and no evidence any drug was being produced. This speculation has caused distress to the families of the deceased.

We are continuing to work with the coroner's officers to establish a cause of death.

"Due to a concern that there could be a presence of a chemical related to one or both of the bodies and to ensure a safe working environment a hazardous response team from the ambulance service attended the scene on Friday night as part of the investigation.

"This is normal procedure to ensure the safety of the public and emergency staff working inside the premises.

"The property was rechecked and there was no evidence of a noxious substance or pollution within the environment of the flat. No one was evacuated from the surrounding flats."

Police catch rogue motorists in Southbourne

DRIVERS were pulled over for using mobile phones at the wheel, speeding and not wearing a seatbelt in an evening of action in Southbourne.

Officers from Chichester neighbourhood policing team ran the operation on the A259 in the community to tackle offenders on Friday 5 July.

A total of nine vehicles were pulled over and their drivers were handed fixed penalty notices for a series of offences.

The team also carried out checks at four licensed premises in the area and at three of those traces of cocaine were found in their toilets.

Further work to investigate this will begin and the premises will be working hard with the police to combat drug use.

PCSO Jason Lemm said: "We have listened to local residents who have raised concerns to us about speeding and various other driving offences in and around their communities.

"Driving without wearing a seatbelt has been illegal for 30 years now but we still deal with it on a daily basis across the district.

"These days will continue and we will work with local neighbourhoods to deal with the issue of speeding and other road-related offences."

Anyone interested in joining a Community Speed Watch volunteer group should visit www.sussex.police.uk and contact their local PCSO.

Five roads in Midhurst town centre to close for resurfacing

ROADS through Midhurst town centre will be closed for three days later this month for carriageway resurfacing.

West Sussex County Council is working on the final phase of an £376,000 scheme to rejuvenate Market Square and Church Hill.

Church Hill, West Street, Red Lion Street and Church Hill and South Street will be shut to traffic between Monday, July 29 and Wednesday, July 31.

A final coat is being applied to all five roads following resurfacing work which took place in June.

Motorists are advised to find alternative routes.

West Sussex County Council apologises for any inconvenience caused.

Looking for a Great Day Out ... LOOK NO FURTHER!

Aldingbourne Country Centre
Support Change Live Life Change Lives

If you wish to visit the **Open Farm, mini golf, woodland / play area, treasure trails, large games** and **mini tractors** there is an activity fee of **£3 per person**. Animal feeding is available at intervals throughout the day and on a first come first served basis. **Guinea pig handling** is subject to availability and has an additional charge of £1 per session. *Adults are welcome to visit the centre* **FREE of charge** *if wishing to visit our café, plant nursery, gift shop, wood recycling centre, furniture workshops, organics, Friends garden or conference facilities.*

Activity Fees:
All children (aged 3 – 15) visiting the site: £3 each. All children must be accompanied and supervised by at least one paying adult at £3 each.

Family / Group:
£10 (up to four people)

Annual membership:
Single person aged 3 and above £10

Annual Family / Group:
£30 (up to four people)

Free Parking . Licensed Café
Baby Changing & Bottle Warming
Dogs allowed on leads (No dogs allowed on the farm)

Blackmill Lane, Norton, PO18 0JP **01243 542075** **www.aldingbournetrust.co.uk**

We reserve the right to refuse entry [illegible] without notice due to [illegible]

Party in the park

A PERFECT day was had for the summer Garden Party and Scouts Children's Day at Graylingwell Park.

This annual family event sponsored by Linden Homes Affinity Sutton & Chichester Community Development Trust was attended by over 3000 people, and saw families basking in the sunshine and enjoying over 70 stall and activities.

Organised by Chichester CDT, Chichester District Scouts and CDC, the event aims to raise money for the Scouts and other local charities, it is hoped when everything is totted up, that this years figure will be the biggest amount ever raised at this event. Visitors were wowed by the Vertigo Climbing wall and the Crazy Quads at the entrance, and once inside the park were able to enjoy pamper treatments from Debbie Stevens, make their own fruity drink on the Affinity Sutton smoothie bike, make friends with Animazing's snakes and spiders and the cuddly Alpacas. The most unusual event of the day was the Bradley Wiggins lookalike competition, organised by the Chichester Cycle Challenge. The Scouts provided all the traditional stalls, like crockery smash and runaway train, which proved a real hit with everyone, along with their BBQ and strawberries and cream. Play Mosaic organised the Play Village for the little ones in the shade.

Jane Haskins, Chichester CDT Community Development Officer, said: "This has turned out to be a real community event, the weather is fantastic and it's great to see the whole community supporting the event, be it, volunteering or just enjoying their selves. It also gives residents in Chichester a chance to see how much Graylingwell has changed and raise money for charity at the same time."

In the arena, Beatz Breaks Barriers Dance Crew an Affinity Sutton and Hyde Plus initiative managed by Chichester University, put on a magnificent performance of Urban Dance, along with the Fishbourne Mill Morris Dancers, showing the whole diversity of the day. The fun dog show was well attended with classes such as best sausage catcher and best rescue dog.

The proceeds from this event will go to the Scouts and other small local community and charity groups. For further information on the event go to www.chichestercdt.org.uk

CHICHESTER FESTIVAL THEATRE
in association with
CAMERON MACKINTOSH
presents

BARNUM

THE GREATEST SHOWMAN ON EARTH

With
CHRISTOPHER FITZGERALD TAMSIN CARROLL

Music by CY COLEMAN Lyrics by MICHAEL STEWART Book by MARK BRAMBLE

In a Revised Version by Cameron Mackintosh and Mark Bramble

15 JULY - 31 AUGUST THEATRE IN THE PARK
01243 781312 cft.org.uk

CHICHESTER FESTIVAL THEATRE

www.chichester.gov.uk/homefinder

Homefinder
Chichester Property Management

The service can provide a guaranteed monthly income to landlords, while helping people who desperately need homes to access quality housing. We've already helped many landlords find high quality tenants through this service.

Miss F, tenant:
"I found Mark was very efficient and thorough with his work. He was easily contactable and he made the paperwork side of moving simple. Mark and Adam were both helpful and easy to deal with, no matter what the problem was. Things moved very quickly – once our house was found for us we were collecting the keys the following week!"

Mr C, Landlord:
"As a first time landlord, I wanted a letting agent I could trust, a good reliable income and a useful purpose for the property itself. With Homefinder these aims have been achieved with efficiency and good humour!"

Mr B, multi-landlord:
"We would wholeheartedly recommend the Scheme to local residential landlords or indeed anyone thinking of entering the buy to let market. Nothing has been too much trouble for the team including the selection and vetting of appropriate tenants"

We are currently looking for more properties for waiting pre-qualified tenants. We offer landlords*:

- a guaranteed rental income;
- access grants of up to £10,000;
- eight week deposits; and,
- full property management;
- 24/7 emergency contact centre for tenants;
- a free full colour inventory;
- a free EPC;
- a friendly and professional service!

Call 01243 534734 and ask for the private sector housing team or email lettings@chichester.gov.uk

We were shortlisted for the Landlord & Lettings Awards in 2012

(*Please note there is a charge for some of the above services but not for the friendly and professional advice!)

Provided by Chichester District Council

Bikers set for Chichester

FOR THE FIRST TIME EVER, the historic city of Chichester will resonate to the roar of up to 300 motorcycles gathered in the heart of the city centre with the Ride 2 Chi event, supported by the City Centre Partnership, Chichester Chamber of Commerce and Industry, Motorcycle Action Group and CMW Motorcycles on The Hornet.

Motorcyclists outside The Assembly Rooms, North Street, Chichester

The three aims of the event are to raise money for the Kent, Surrey & Sussex Air Ambulance, to promote road safety for motorcyclists and drivers and to create a fantastic spectacle and event for the city. The event will take place at noon on Sunday 28th July.

Kent, Surrey & Sussex Air Ambulance receives no statutory funding and relies almost entirely upon the generosity of the public to keep this vital service going, so this is a key fundraising event in their calendar. They will be at the Market Cross collecting donations towards the £5 million needed each year to keep these life-saving helicopters flying.

The Ride 2 Chi event has the full support of the Sussex Safer Roads Partnership, which is funded by Sussex Police together with partners including the Fire & Rescue Service and West Sussex County Council. The partnership will be displaying police and fire and rescue motorcycles and will be giving help and advice on improving road safety with initiatives such as the Biker Down! workshops, developed after extensive research into the causes of injuries and collisions.

Kim Long, City Centre Manager says "We were approached by a couple of local bike enthusiasts who quickly rallied the partners involved and we couldn't resist the opportunity to try something new! The bikes will be on display in North Street and East Street for two hours for, making a novel addition to the Sunday shoppers, tourists and other visitors on the day. It presents a perfect opportunity for partner working and to bring visitors into the city for a free event and to see all that Chichester has to offer."

Communities in the Chichester District offered share of nearly £500,000

COMMUNITIES within the Chichester District that have taken new development are being offered a share of nearly £500,000 to spend on projects to improve their areas.

The funding, which has been made available as part of the government's New Homes Bonus scheme, will see £450,000 made available to communities across the Chichester District.

The amount of money now made available per parish is dependent upon the number of new homes that have been occupied in the period April 2010 to March 2013. Parish, town and city councils are now invited to apply for a share of the funding by Tuesday 1 October 2013.

Money will be awarded to projects that can demonstrate the impacts of development, aim to enhance the local area and benefit the whole community.

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says "As a council we have endeavoured to protect this money for the benefit of those communities that have taken new development. This funding offers a unique opportunity to invest in important facilities and activities that will support our local communities for years to come.

"The government wants to see more housing delivered. However, it has acknowledged that this can bring associated problems so has passed additional funding to local councils to help communities address these concerns. This, along with new neighbourhood planning powers, is giving people more say at a local level to target issues of concern. Our emerging Local Plan has this at its core."

Communities that have taken significant numbers of new homes include Bognor, Chidham and Hambrook, Fishbourne, Funtington, Lavant, Linchmere, Petworth, Selsey, Tangmere, Westbourne and Westhampnett. Chichester City has taken 40% of all new homes in the district. Other parishes have seen more modest levels of development, but can still make the case for support for projects that bring benefit to their communities.

If residents have ideas for how this funding could be spent, they should contact their local parish, town or city council.

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER
SPITFIRES, MERLINS & MOTORS AT IWM DUXFORD
28 JULY 2013
Adult £48, Senior Citizen £46 & Child £20
For this new event, the iconic Spitfire has been partnered with stunning classic cars, represented by car clubs such as the Rolls Royce Enthusiasts Club. Hear the unmistakable roar of the exhilarating engines that power these thrilling modes of transport.
Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington
01243 868080
Park Road, Bognor Regis, West Sussex, PO21 2PX

Retro and vintage bargains in Chichester shop

THE CANCER RESEARCH UK South Street shop is holding a retro and vintage event on Thursday 25 July, from 6pm to 8pm.

There will be a great selection of clothing and accessories from previous decades available for sale – ideal if you are dressing up for the Goodwood Revival in September.

There will also be plenty of high quality on trend clothes, homewares, books and other items for you to browse through.

They will also be providing some light refreshments on the night so please support them by coming along and treating yourself.

All profits from the shops fund cancer research to bring forward the day when all cancers can be cured. They need your help to make it sooner!

Area Manager, Yvonne O'Connor, said: "Every year we spend hundreds of millions of pounds into preventing, diagnosing and treating cancer – all of which comes from our supporters. We are the biggest single independent funder of cancer research in Europe, supporting the work of thousands of doctors and scientists across the UK. This research would not happen with the support of our customers, stock donors and volunteers including our shop team and supporters in the Chichester area. We look forward to seeing you all on July 25th and please remember to bring along a bag or two of unwanted items of your own to donate."

To find out more about Cancer Research UK's shops and shopping, visit http://supportus.cancerresearchuk.org/shop

QUALITY CONSERVATORIES MADE TO MEASURE

.... JUST SOME EXAMPLES

ALL PRICES INCLUDE ALL BUILDING WORK (subject to survey), INSTALLATION & VAT.
ALL PVCu CONSERVATORY PRICES INCLUDE ULTRAFRAME ROOFS WITH POLYCARBONATE ROOF SHEETS AND LOW 'E' GLASS TO SIDES FOR HIGH PERFORMANCE, SELF CLEANING, SOLAR CONTROL ROOF GLASS, ADD APPROXIMATELY 10%

ALL PRICES INCLUDE ALL BUILDING WORK (subject to survey), INSTALLATION & VAT.
ALL CONSERVATORY PRICES INCLUDE CLEAR TOUGHENED GLASS TO ROOF AND SIDES. FOR HIGH PERFORMANCE GLASS ADD 10%-15%.
* ABOVE ARE GUIDE PRICES WHICH MAY VARY DEPENDING ON SPECIFICATION e.g. NUMBER OF OPENING & DUMMY VENTS

OUTSIDEinterests

2 Barnham Road, Barnham,
Bognor Regis, West Sussex PO22 0ES

dgcos FOUNDING MEMBER · CheckatradeWhere to go - It's on matter · FENSA

01243 553334

CALL TODAY FOR A NO OBLIGATION SURVEY & QUOTATION OR VISIT OUR SHOWROOM WITH 12 CONSERVATORIES ON DISPLAY

Bentley the dog reunited with owner after going missing for two weeks

A DOG has been reunited with his relieved owners after going missing for two weeks and travelling 16 miles across the Chichester District.

Bentley, a Labrador, was found in Compton, near South Harting, after wandering off from Fernhurst.

Chichester District Council Dog Warden Viviane Magrath was telephoned by a homeowner who reported the dog had managed to get into her garden.

After checking the animal over Viviane began to try to trace his owner. "Bentley had a dog tag and was also microchipped so tracing his owners was really easy," says Viviane.

Bentley, who belongs to the Watson family from Farnham in Surrey, had managed to escape while on a trip with mum Rebecca Watson, who was working in Fernhurst.

After Viviane telephoned her with the good news that Bentley had been found, Rebecca immediately drove to the council's kennels to be reunited with the family pet.

Rebecca says: "We are so happy to have him back. We had given up hope because two weeks went by. Bentley is now settling in back at home again.

"I don't know why he went off like that but it would be really interesting to know what he got up to over those two weeks. He had lost some weight but he wasn't dehydrated so had obviously managed to drink water from somewhere."

Councillor John Connor, Chichester District Council Cabinet Member for the Environment, says: "Our two dog wardens Viviane and John – are very dedicated and take care in tracing the owners of stray dogs. It just shows the importance of getting your dog microchipped so that we can easily trace where lost dogs are from."

Viviane says: "I am glad we have been able to reunite Bentley with his owner. It was also thanks to swift actions of the homeowner in Compton that Bentley is now safely home. Most of the dogs we find as strays do have a home and it is really important that people report finding a stray dog to us. We'd also urge all dog owners to put an identity tag on your dog's collar and to get the dog microchipped."

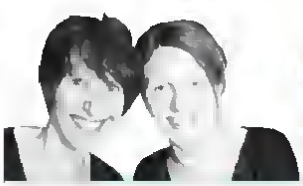
Dog owners are legally required to make sure that their dog wears a collar with an identity tag detailing the owner's name, address and telephone number. Microchips are also an excellent idea in case a dog loses its collar or if the dog is stolen.

Rebecca Watson with Bentley the Labrador. Main picture: [illegible]

You can contact the council's Dog Control Service from 9am to 9pm on 01243 534734 or out of hours on 01243 785166. For more information see www.chichester.gov.uk/dogcontrol or email contact@chichester.gov.uk.

We also post details of strays on our Facebook page www.facebook.com/ChichesterDistrictCouncil.

Baby and toddler groups - don't be shy, give them a try!



CHICHESTER

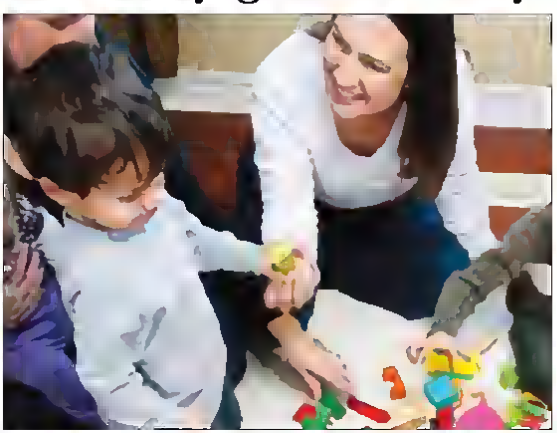
CENTRE

By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

BECOMING a new parent is life changing, not only are you responsible for the little person in your arms, your whole life has been turned upside down. One of the biggest challenges of having a new baby is coming to terms with how your social life is affected. Getting out and about is something that we all take for granted. However, once baby arrives it suddenly becomes a military expedition. Our days are no longer based around work or socialising, but around feed times and sleep patterns. You may find that being at home with a baby can be quite isolating, especially if your friends don't have young children.

Though your social circle may be different, being a new parent gives you the perfect opportunity to meet others in a similar situation. The thought of attending a parent and baby group may seem daunting – after all, it is difficult to walk into a room full of people you don't know. Some parents feel as though groups aren't their cup of tea and don't want to sit around and compare babies! There is a misconception that groups are full of pushy parents and conversations about baby poo. Understandably, this doesn't appeal to many people! Though it's normal to be apprehensive, it's also worth thinking that these strangers may be friends you've yet to meet – and every person in the room was once as nervous as you.

The great thing about parent and baby groups is that you all have something in common, no matter what your background or walk of life. Every new parent has ups and downs on their journey and whatever challenges you are facing, there will always be someone there to say 'me too'. It is invaluable to have the support and advice of other mums and dads when you are feeling a bit overwhelmed or vulnerable. You may even find that before long, you are the one welcoming other new parents with tea and a chat. It's not all baby talk either; having an adult conversation can be really refreshing when so much of your day revolves around a small person. Your baby will also really benefit from the different experiences and opportunities groups and classes offer, enhancing their early learning.



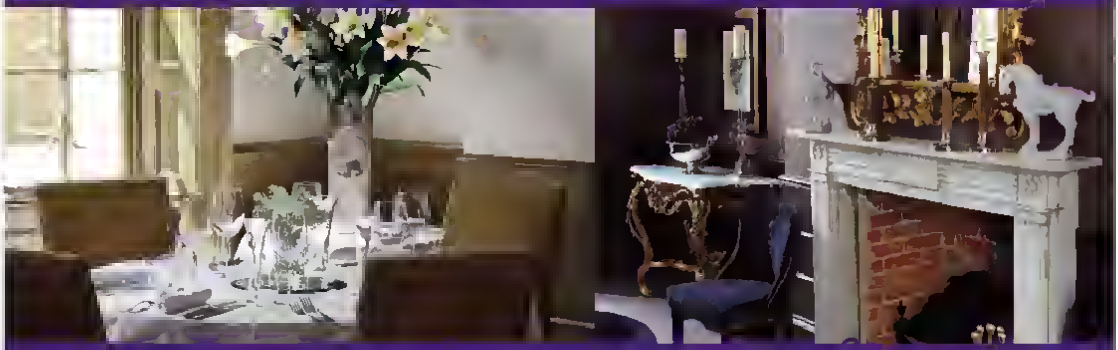
Of course, parent and baby groups are only one way of meeting new people – having a baby seems to strike up conversations anywhere from the supermarket to weigh in clinic. It is worth trying a group though, even if you go to a few before you find one that you and baby really enjoy. If nothing else, it's worth it just to have a biscuit and somebody else to make you a cup of tea!

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone 01243 642950. Website www.chichester.nur.w.sussex.sch.uk

the ship
Hotel, Bar & Restaurant

Hotel | Bar | Restaurant | Weddings | Meetings | Occasions

Meet, Greet, Wine & Dine...
In our newly refurbished private function rooms



North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net

Budding young artists admire their work at the new Grange Centre

SIXTY FIVE budding artists from primary schools in Midhurst and Stedham will get to admire their work, which is displayed on the hoarding boards surrounding the new Grange Centre, in Midhurst.

Primary school pupils from around the area were asked by Leadbitter, the construction company building the new centre, to design posters showing activities that they might expect to see in the new facility.

All of the pupils who took part have been invited to attend a special prize giving picnic, where they will find out more about the new multi million pound centre and the importance of looking after the wildlife that surrounds it.

Chichester District Council's parks team will join local volunteers to talk about the importance of caring for the iconic South Pond. The children will also hear from Leadbitter about what it's like to build the new Grange Centre. The event will include Dave Cook, Regional Director, from Leadbitter handing out prizes to the winning entrants and will finish with a picnic by South Pond.

Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council, said: "The poster designs created by the children are incredibly eye catching and imaginative. They also show the opportunities that this new centre will bring to the local community."

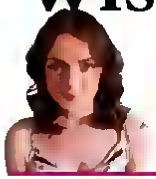
The construction of the building is on course to be completed in December and the centre is expected to open in early 2014. It will replace the current Grange Centre, which needs rebuilding or major repair work and is not fully accessible to people with disabilities.

The new Grange Centre will offer access to a number of services under one roof, together with extended opening hours. It will include:

- a multi purpose four court sports hall to meet Sport England standards
- a dance studio with mirrors. The room will be used for fitness, dance, or, community activities
- a multi purpose community hall and community rooms
- a bar and cafe with internet access. The facility will overlook South Pond, with seating in and outside of the centre
- a library
- Chichester District Council's customer service information and West Sussex County Council's help point
- a registrar office.

The project is led by Chichester District Council and is in partnership with West Sussex County Council, the Trustees of the Grange Community Association, Midhurst Town Council and the Monument Trust.

Choose Wisely



Gracie Cliffe

WHETHER you're a teenager with a social networking page, or an adult filling out an online dating profile, most of us have faced the task of summing ourselves up in a bio made up of a few short sentences. The low word count does not mean quick and easy, because I, like many others, find this to be rather time consuming.

Bios are pretty awkward and fake. Summarising yourself in 140 characters is like choosing which parts of you are the best, and what's best kept hidden. It's the Sophie's Choice of self professed impressive traits and characteristics.

I am by no means a psychologist, but I do like to read between the lines and it's for this reason that I find it so interesting what people choose to put in their bios. I think they can tell you a lot about a person. Or rather what the person wants you to think.

There are those that choose to make them as long and as deep as possible, and those that keep them short and sweet. Starting with me, mine simply reads 'Budding journalist, Bow tie enthusiast, Panda admirer'. To random strangers and fellow networkers, this is all I feel they need to know. And it sums me up to a T.

My favourite kind of bios are the ones where people put in "deep" song lyrics that they think put across to the world all the struggles they have endured. You may think you are being individual, but really all you're telling people is that you don't know enough about yourself and so you need to use other people's words instead. Just my opinion.

Then you have the people that use the limited amount of characters to show off to the world how they've met the "love of their life" and they are so awesome that you should follow them. Relationships don't necessarily last forever, and relationships don't define you. You may be happy, but there are other important things in life.

But who am I to judge? I am part of the reason why writing a bio is so hard, because people can be so judgemental. You've taken the time to read my column, so now I challenge you to take a few extra minutes out of your day to think of your own bio. What makes you, you? What do you think the world should know about you? Choose wisely.

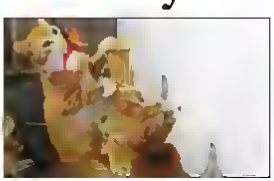
Let us know what you think

@chiherald

CHICHESTER
Park Hotel
***
TO MAKE A RESERVATION CALL
01243 817400
LEISURE CLUB
at Chichester Park Hotel
Our Leisure club is the perfect place to relax and unwind away from everyday pressure. You'll be able to enjoy a leisurely splash in the pool and if you really want to relax there's the sauna and steam room too. Entry is free when you stay in the hotel.
To become a member of leisure club is easy, all you need to do is contact us and we'll be more than happy to help. Membership is available for only £25.00 with no joining fee.
Opening Times
Please note: Last entry is 30 minutes before closing
Monday to Friday: 7.00am - 9.00pm
Saturday: 8.00am - 8.00pm
Sunday: 9.00am - 5.00pm
Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel 01243 817400 www.chichesterparkhotel.com

Let us entertain you!

Cat and Rabbit Rescue Centre



A PAIR of compatible, older neutered kittens can give so much enjoyment for you and them as they play, explore, comfort and interact. These gorgeous brothers are 10 months old and need their first caring home together, ideally local to The Rescue within the Chichester Herald area.

Gino is a pale marked friendly ginger and white, with big brown eyes and a darker lovely ginger striped tail. Guy is a darker marked ginger and white. Gino and Guy need to go to a home together because they prefer separated, so close because they have shared a pen together since arriving at Rescue when they were very young last September. These brothers have remained in Rescue, and not available for homing because Guy had some consistent, intermittent problems with his eyes which needed daily checks, eye bathing and sometimes necessary treatment with drops/cream. Fortunately his eye condition has now improved, but he will continue to need daily checks after he has been homed. It is important that Gino and Guy's new home has the time for this.

Fortunately Guy is a super friendly cat who is used to having his eyes checked and treated now, so he will be easy to handle in his new home. And as Guy has problems with his eyes he is included in The Cat and Rabbit Rescue Centre Foster Care Scheme so he can come and see The Rescue Vet for life free of charge.

The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and free PetPlan vet insurance for 4 weeks. All Homing is subject to a pre-homing check, except on homing days when cats/kittens can be reserved pending a successful home visit which will normally occur within a couple of days.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ
www.crrc.co.uk. Tel 01243 641409
Homing Everyday by Appointment
And Next Cat Homing Day
Saturday 27th July 12-2pm

Who can you rely on for servicing, repairs and MOTs?

We offer repairs & maintenance on all car makes

- All vehicle makes serviced and repaired
- Reliable servicing at affordable prices
- Competent and trained technicians

Rew Auto Services Ltd

Unit 13 East Mead Industrial Est • Lavant
Chichester • West Sussex • PO18 0DB
Tel: 01243 839 520
rewautoservices@yahoo.co.uk
www.rewautoservices.co.uk

BOSCH
AutoCrew
A Bosch Automotive Workshop Brand

AUTO CREW

THE AEROBICS OF 2013!!

HALF PRICE WITH THIS ADVERT

Bokwa FITNESS

Come Join the REVOLUTION

WITH

FITJOY

MONDAY: 6.50-7.35PM
THURSDAY: 8.15-9PM

CENTRAL PRIMARY SCHOOL CHICHESTER
ONLY £4 PER CLASS

Bokwa® participants draw letters and numbers with their feet while performing an energizing and addictive Cardio workout routine The music is energizing and addictive and it is likely the same feel good songs you listen to in your car

EVERYONE CAN DO BOKWA®

BURN 1,200 CALORIES IN 1 WORKOUT

A mixture of ages & abilities High or Low impact options. People with two left feet who cannot dance. World champion Latin & ballroom dancers. All having a Terrific Experience

FOR MORE INFO & CLASSES (ZUMBA,KETTLEBELLS)
CALL NATALIE 07738249612 OR EMAIL NATALIE@FITJOY.CO.UK

Fitjoy also offer Personal Training, Zumba,Kids fitness, Kettlebells, and Sports Therapy for a full list of our services and timetable please visit:

www.fitjoy.co.uk

You her to be used only once,first time Bokwa customers only Offer ends 31st July
Must bring voucher to session

The Triathlon returns to Chichester with record numbers

OVER 600 people will take part in the Natures Way Foods Chichester Triathlon Series this weekend, for the seventh year running.

Record numbers of competitors will take part – including an increase the number of Junior Aquathon competitors and team entrants.

The events will be held at Westgate Leisure Chichester, with the:

• Natures Way Foods Junior Aquathon taking place on Saturday 20 July at 4pm; and

• Natures Way Foods Chichester Triathlon and Try-a-Tri races taking place on Sunday 21 July at 7am (Triathlon) and 10am (Try a Tri)

Last year's winner of the Chichester Triathlon, Mary Campbell, will return again to try and regain her title. She has just returned from Liverpool where she competed in the National Championships, along with eight of her Chichester team mates. She won a bronze medal (in the 35-39 age group) which means that she also qualifies for the World Triathlon Grand Final event in London.

"Fingers crossed, this beautiful weather is due to stay with us over the weekend. Please come down and support our local triathletes, as they battle it out for the top spot. It should be a great weekend," says Councillor Eileen Lintill, Cabinet Member of Leisure, Wellbeing and Community Services at Chichester District Council.

"We're also advising people to make sure they have plenty of sun cream and water to hand because we are expecting the weather to be hot. We've already been advising our competitors that they need to be drinking water continuously throughout the race."

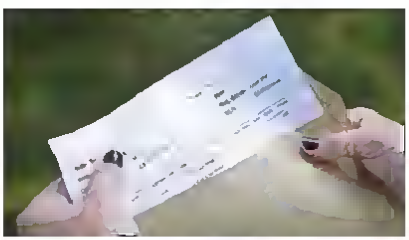
The main Triathlon event includes a 600m pool swim at Westgate Leisure Chichester, a 42km (26 mile) cycle ride and a 10km (six mile) run.

Alongside the main Triathlon event, there will be the Natures Way Foods Chichester Try a Tri event. This is a sprint triathlon suitable for competitors who prefer a shorter distance triathlon involving a 400m pool swim, 30k bike ride and a 5k run.

The Junior Aquathon is for competitors between eight and sixteen. It will include a swimming race at Westgate Leisure Chichester, followed by a race around Chichester College's campus. The distance set for junior competitors will be dependent upon their age.

To find out more, please contact Ben Polhill, the council's Sport and Physical Activity Development Officer, on 01243 534857 or email bpolhill@chichester.gov.uk or see www.chichester.gov.uk/triathlon or www.westgateleisure.co.uk.

University offering hints and tips for students facing A-level uncertainty



WITH JUST UNDER a month until A-level results day, the University of Chichester is offering advice and tips to students facing the uncertainty of Clearing.

Students can now go to www.chi.ac.uk/courses/clearing-2013, where they'll find general hints and tips about Clearing and coming to university, including a guide to living on a student budget. They can also read the stories of students who came to Chichester through Clearing, and download a Results Day Survival Guide for students and parents. They can also access University-specific information about accommodation options, commuting and student support.

Clearing takes place after A-level results (and equivalent) are announced each year – this year's A-level results are released on Thursday 15th August. The process is usually for students who have already applied to university through UCAS and have fallen short of the set amount of points or grades they need to achieve to be accepted to their first choice university.

If they fall short and can no longer attend their chosen university, they can go through Clearing to find a suitable alternative.

You are also eligible to go through clearing if:

• You haven't already applied for a place at university

• You have missed the UCAS deadline date

• You have declined the university places offered to you, or

• You have applied, but have not received an offer of a place.

If you are eligible for Clearing, then UCAS will automatically allocate you a Clearing number, which you need to get from their website www.ucas.com. You can then use this number when contacting universities in order to try and secure a place.

On results day all university clearing courses are published on UCAS and in the Telegraph newspaper as well as individual university websites, including www.chi.ac.uk.

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UPTO 45% off WINDOWS

DOORS FROM £599 Including VAT & Fitting!

Huge Savings on Conservatories & Orangeries

Aluminium & PVCu Bi-fold Doors

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk

BRITANNIA CONSERVATORIES WINDOWS • DOORS

Chichester Business

FOLLOW US ON TWITTER @chiherald

University of Chichester supports successful Regional Growth Fund bid

THE COAST TO CAPITAL LOCAL ENTERPRISE PARTNERSHIP, which the University of Chichester supports, has been successful in two bids to central government for funding from the fourth round of the Regional Growth Fund have been approved in principle.

The two bids, for Green Growth and the High Growth & Innovation, will be delivered as a single integrated programme and will directly create jobs, particularly in those areas and communities that are currently dependent on the public sector. Whilst much of the detail has yet to be worked out, the new programme will provide grant finances directly to high growth, innovative businesses – those that have developed new ideas, products, services and intellectual property to the point where they are ready to exploit market opportunities and create jobs.

Businesses applying for, and being awarded funding, will be fully supported by the Growth Accelerator service and specialists from the University of Chichester, as well as the universities of Brighton and Sussex, and the Sussex Innovation Centre. In addition, those businesses which are developing new low carbon and environmental technology products and services, will be able to tap into further support and networks from the University of Brighton's Green Growth Platform.

The programme will also help small firms make the most of the highly qualified workforce who live in the area by providing routes into jobs via a new placement scheme.

Vice-Chancellor Professor Clive Behagg commented that "The University welcomes the opportunity to combine our commitment to supporting the growth of SME and micro-businesses with our efforts to create an environmentally sustainable future for our communities."

Louise Goldsmith, Leader of West Sussex County Council said "Our success in winning this funding is excellent news, and will give a tremendous boost to the local economy. I am particularly pleased grants will be available for businesses in the low carbon sector, as we work towards the launch of the Sussex Energy Saving Programme."

In addition to the organisations mentioned above, Brighton and Hove City Council, West Sussex County Council, Wired Sussex, Brighton and Hove Economic Partnership, Marine South East and Oxford Innovation have all been involved.

Full details of how to apply for funding will be made available in due course. For more information about Coast to Capital LEP, visit www.coast2capital.org.uk.

Exciting new season of wedding fayres

STYLISH EVENTS launch another exciting season of Wedding exhibitions at top class venues across Hampshire and Sussex. Couples will have the chance to see a full selection of exhibitors to inspire them for their special day, along with our professional choreographed Bridal Fashion Shows, featuring London models at the majority of the events.

There is also the chance to WIN £1000 of Holiday Vouchers (t's & c's apply).

Doors open 10.30am and the entry fee of £2 includes a Bridal bag, full of useful information with a show guide for every bride along with a free copy of Your Hampshire Wedding Magazine. Please visit www.stylisheventsfayres.com for more details or call 01903 366163 or email info@stylisheventsfayres.com.

Rebekah Grace
PHOTOGRAPHY
www.rebekahgracephotography.co.uk
Tel 01243 773297
Mobile 07983548459
...they are only this tiiiie...
for a tiiiie white...
Invest in exquisite images of your tiny baby
SPECIAL OFFER
£195
A NEW BORN FINE ART PHOTOGRAPHY SESSION*
Up to a 3 hour Fine art New Born Session & Disc of images
Voucher Code NEWS195

south coast human resources
SC HR
Take the stress out of employing staff with South Coast HR
Your people are the most important part of your business and without them you can't succeed. Your employees can also create big headaches when it comes to employment law compliance, underperformance, absence and making sure you recruit the right person for the job.
For a small business having your own HR Manager is often a complete luxury that most just make do, and do without.
Now that luxury can become an affordable reality with South Coast HR. We become your HR Manager and take care of all your people needs leaving you free to get on with running your business.
Let us take care of
• Drafting / issuing employee contracts
• Drafting policies and keeping these up to date
• Dealing with any maternity leave & flexible working requests
• Monitoring and dealing with employee sickness
• Dealing with any staff complaints
• Interviewing potential staff
• Advising on disciplinary situations and conducting those difficult meetings
• Advising on how to make any redundancies
• Training and development
• On site HR administration
• Plus much, much more
South Coast HR are friendly and approachable and will take time to get to know you and your business – providing you with honest, practical advice when you need it most. Either pay for what you need, or need when you need us, or budget for your needs from as little as just a few £s a month.
@SouthCoastHR
Call: 01243 771572 Email contact@sc-hr.co.uk www.sc-hr.co.uk

FOLLOW US ON TWITTER
@chiherald

Westbourne Women in Business first Open Day is a great success

MORE THAN 25 businesswomen of Westbourne and the surrounding areas got together to host an Open Day 'Keeping it Local' to promote local businesses and raise money for Westbourne Primary School PTA.

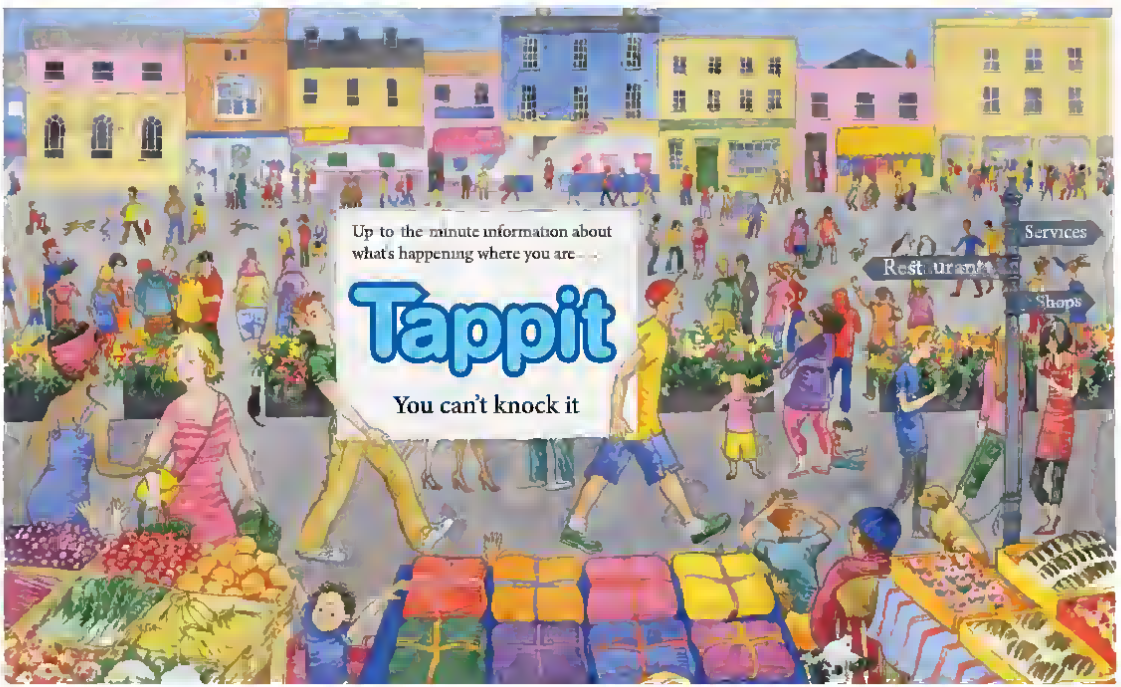
The event, organised by Westbourne Women in Business was held in the Parish Hall on Saturday 6th July. The event was a true team effort with scrumptious cakes baked by the members, PTA volunteers supporting the event serving the teas and cake, lots of donations from the businesses for raffle prizes and a diverse number of exhibitors showcasing their businesses.

Westbourne women in business founders Emma Weatherstone and Nicola Prichard said: "This was the first event of its kind we've held, and it was brilliant that so many people that turned up to support their local businesses. All the exhibitors really enjoyed themselves and felt really proud to be part of such a great day. It is really important we let our community know what we do, as the businesses in our village are so diverse and it is very inspiring. This open day is the first of many and it is really important to us that we support charities and give something back to our community."

The event raised £455.00 for Westbourne Primary School PTA and the group would like to thank the community for all their support.

Westbourne Women in Business is a not-for-profit organisation for self-employed female business owners in Westbourne and the surrounding area. Membership is free and they meet at the White Horse on the last Friday of every month at 10 a.m. The next meeting is after the summer holidays on Friday 27th September 2013. If you are a local businesswoman and interested in joining the group please contact Emma Weatherstone at emma@livewellcoaching.co.uk

www.westbournewomeninbusiness.co.uk



The Goodwood Fes

CELEBRATING its 20th anniversary, this four-day celebration of two and four wheels from every corner of the automotive world is the fastest growing motor show on earth. And it's not hard to see why.

Where else can fans see Nascars, Formula One cars, Le Mans winners, rally legends, production supercars and futuristic concept cars on the same stretch of tarmac on the same day?

The Goodwood Festival of Speed was first held in 1993, when 25,000 spectators came along despite a date clash with the Le Mans 24hr race, and since then the crowd has grown to the 185,000 that passed through in 2012. Organisers expected this year's event held last weekend to top that, especially given the weather played ball with a rare run of 30-deg summer days.

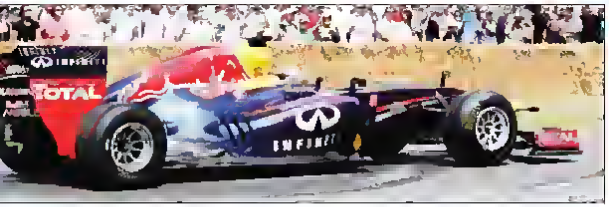
Part of Goodwood's success is the sheer variety of cars and bikes, and their human pilots, that come to Lord March's place every year. Drivers included F1 star Lewis Hamilton right through to TV star Chris Evans.

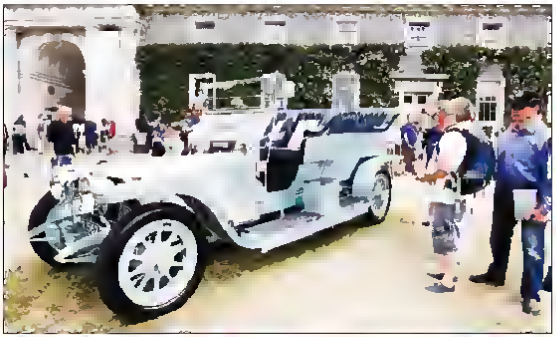
Lord March is also very careful to ensure his event doesn't clash with any major motorsport event. That's why there are 17 Formula One race winners at this year's event, and nine current F1 drivers, headlined by popular Brits Button and Lewis Hamilton. Unlike the strict segregation of an F1 race, there's no accreditation or cordons keeping fans from their heroes. At Goodwood, you're just as likely to see a famous face or two among the crowd salivating over incredible cars from bygone eras.

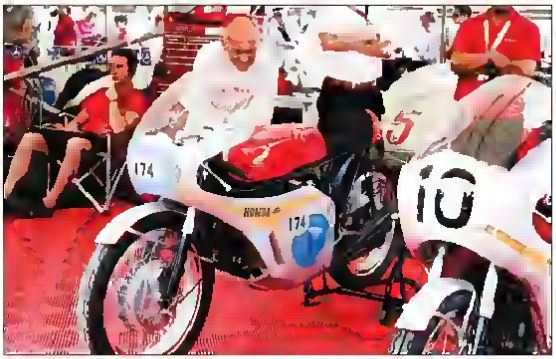
Every year, the Festival celebrates the milestone of a particular marque or model. This year there were many anniversaries – McLaren and Lamborghini's 50th – but the biggest celebration was reserved for the golden jubilee of the Porsche 911. On the lawn in front of Lord March's mansion soars a 34m high sculpture topped by three Porsche 911s from various eras. They're real cars, each weighing between one and 1.5 tonnes.

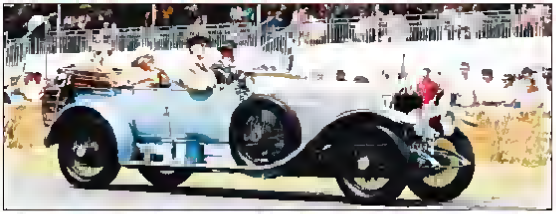
The greatest motorshow on earth

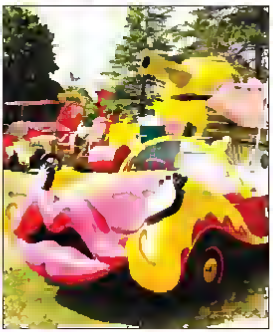
stival of Speed 2013











Arts & Entertainment

FOLLOW US ON TWITTER @chiherald

Cineworld

Monsters University (3D) (U)

THREE out of Five stars

Running time: 110 mins
Director: Dan Scanlon
Starring: Billy Crystal, John Goodman, Steve Buscemi, Helen Mirren, Joel Murray, Sean Hayes, Dave Foley, Peter Sohn, Charlie Day, Alfred Molina, Nathan Fillion, Aubrey Plaza

Entertaining, beautifully animated Pixar prequel with superb voice performances...a constant stream of amusing gags and an oddly realistic central message...though the supporting characters are underdeveloped and it lacks the magic touch that made the original film so special.

What's it all about?

Directed by Dan Scanlon, Monsters University is a prequel to Pixar's 2001 hit Monsters Inc. As a young, green, one-eyed blob, Mike Wazowski (Billy Crystal) visits Monsters Inc on a school trip and is told that if he wants to follow his dream of becoming a professional scarer, he should study hard and attend Monsters University. When he arrives on campus he meets classmate James 'Sulley' Sullivan (John Goodman), who figures he doesn't need to study and can coast through university on his famous scarer father's legacy.

However, when the pair fall foul of scary Dean Hardscrabble (Helen Mirren), they are both threatened with expulsion unless they can work together and win the annual team-based Scare Games. Unfortunately, the only team left with open slots is the Oozma Kappa fraternity, a house comprised entirely of nerdy no-hopers: chubby, middle-aged avuncular Don (Joel Murray), double-headed, argumentative Terry/Terri (Sean Hayes/Dave Foley), timid blob-with-five-eyes Squishy (Peter Sohn) and furry arch-shaped monster Art (Charlie Day).

The Good

Crystal and Goodman are both excellent as Mike and Sulley and their sparky interaction is just as strong here as it was twelve years ago, with both characters also getting scenes that are slightly more emotional this time round. However, next to the two familiar central characters, the supporting cast feel a little underdeveloped (particularly Mirren's Dean Hardscrabble), which feels like something of a wasted opportunity.

The film is beautifully animated throughout, with (literally) eye-poppingly bright colours and a wealth of background detail and character design work that should ensure repeated viewings on DVD. Similarly, the script provides a constant stream of amusing gags (though it never quite hits the heights of belly laughs) and there's a curiously downbeat but nonetheless refreshingly realistic central message about accepting your limitations (this works because we know from the outset that Mike never becomes a scarer, so we brace ourselves for the moment that he lets go of his dream).

The Bad

Aside from the underdeveloped supporting cast and a slightly confused message about cheating, the film is also let down by a disappointing climax that lacks both the dramatic and emotional weight of the previous film. Similarly, the lack of big laughs is a problem and the film in general is somehow missing what might be termed 'the Pixar magic', perhaps because, as this is a prequel, we know that everything works out okay in the end, so nothing is really at stake and there are no delightful surprises.

Worth seeing?

Some niggling issues aside, Monsters University is still an enjoyable and beautifully animated prequel that should prove a hit with both adults and children, though it never hits the dizzy heights of its predecessor. Screens with Pixar short The Blue Umbrella.

Sky Diary August 2013

By Peter Lipscombe

Mercury is close to the eastern horizon in the first third of August lying below faint Mars and the much brighter Jupiter with the crescent Moon nearby on the 5th.

Venus is close to the western horizon just after sun-set with the Moon passing close by on the 9th.

Saturn is now past its best, setting a couple of hours after the Sun but still worth a look [illegible]. On the mornings of the 7th and 8th the Moon will be close to Antares and Saturn a little further to the south respectively, a binocular view is challenging as it is below the naked eye visibility [illegible] telescope is needed to resolve any colour on these distant planets.

There are five meteor showers in August, the first of which is on the 2nd with the radiant in the constellation of Capricorn in the S.S.E. but with a meteor rate of only about 5 an hour.

The highlight of the summer is the annual Perseid shower with up to 80 shooting stars an hour at the peak. The Moon disappears before midnight and should not interfere too much up till then. The maximum is over the 12/13th night and is fairly high in the NE and best [illegible]. Start your observing session [illegible] equipment needed for this one and is well worth a late night if clear. You will also see many artificial satellites quite slowly [illegible] the constellations.

Happy hunting.

Planetarium Shows and Dates - August 2013

Thursday 01	3.30pm	Summertime Stars, Moon and Planets
Friday 02	7.30pm	Seven Wonders of the Solar System
Sunday 04	3.30pm	Summer Skies, Shooting Stars
Tuesday 06	3.30pm	Our Galaxy, the Milky Way
Thursday 08	3.30pm	Summer Skies, Shooting Stars
Sunday 18	3.30pm	Summertime Stars, Moon and Planets
Tuesday 20	3.30pm	The Moon, Our Nearest Neighbour
Thursday 22	3.30pm	Prepare for Blast off!
Friday 23	7.30pm	Hubble's Glorious Universe
Monday 26	1.30pm	All Aboard! – A Tour of the Planets
Monday 26	3.30pm	The Northern Lights
Wednesday 28	3.30pm	Summertime Stars, Moon and Planets
Friday 30	7.30pm	The Northern Lights

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester.
Alternatively please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets.
Payment by cash or cheque only, on the day.
A map showing the location can be found at www.southdowns.org.uk

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q WHAT WAS THE NAME OF THE CHILD ACCIDENTALLY SMUGGLED INTO THE MONSTER WORLD IN THE ORIGINAL FILM MONSTERS INC?

A. BOO
B. PENNY
C. FLO

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 23rd July 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Natalie Leakefrom Chichester

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL 0871 200 2000

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald, in partnership with Chichester's Ship Hotel, is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people, please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition, email your answer, name, address and contact number to: **news@theshiphotel.net**

Last week's answer was: The staircase at the Ship Hotel, Chichester

the ship
Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 24 July 2013 at midday. The competition is for one winner with a prize of a meal for two at the Hotel's popular 'The Ship's Plank'. The Ship's Plank now consists of Soup of the day, crispy fried duck egg with brie chip fingers, oriental duck salad, Ship's cottage pie, parma ham and bresaola, whitebait, mini burger, chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

Photo taken by:
Tel: 01243 773297
Mobile: 07983548459
www.rebekahgracephotography.co.uk
Rebekah Grace

This week at New Park Cinema

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Fri 19 Jul
12.15 Stories We Tell (12A) 108m
13.30 Film Course. Death in Venice
14.45 The Audience (PG) 150m
17.45 Therese Desqueyroux 110m
20.15 The Great Gatsby (12A) 142m

Sat 20 Jul
12.30 Therese Desqueyroux
14.45 The Twelfth Night 176m
18.00 The Happy Lands 108m
20.30 Macbeth NT LIVE

Sun 21 Jul
13.00 Life of Pi (PG) 127m + intro
16.00 The Great Gatsby
18.45 Stories We Tell
20.45 Therese Desqueyroux

Mon 22 Jul
12.15 Therese Desqueyroux
14.45 The Wall 108m
17.15 The Audience
20.15 The Great Gatsby

Tue 23 Jul
13.00 Stories We Tell
15.30 The Happy Lands
18.15 Macbeth NT LIVE (Encore)
20.45 The Wall

Wed 24 Jul
13.30 The Wall
16.15 Therese Desqueyroux
18.00 Stories We Tell
20.30 The Audience

Thu 25 Jul
12.30 The Audience
15.30 Therese Desqueyroux
18.15 Hippolyte & Aricie 225m

Advertise. Publish. Easy.

Tappit
You can't knock it.

Visit www.tappit.co.uk to get a FREE account and start creating an advert in just a few easy steps...

Category Location Date Logo Content Publish

SATURDAY'S TV 20.07.13

Listings supplied by Press Association

CHOICE

Oliver Coleman

Casualty
BBC1, 9.10pm

Things are more tense than usual in the long-running medical drama this week. Instead of patients stepping on rakes or falling off ladders, tempers become heated as the prison riot escalates putting Jeff and Tom in grave danger. Meanwhile at the hospital Tess treats two sisters who have a lot on their plate. One of them has been suffering from headaches, and when another member of the family falls ill with potentially fatal consequences, the truth behind their home life suddenly becomes all too apparent.

BBC1

6.00 Breakfast 10.00 Live Golf: The Open Championship 12.00 BBC News: Regional News Weather 12.10 Live Golf: The Open Championship: Further coverage of the third day's play at Muirfield 18.10 BBC News: Regional News Weather

6.30 Film: Raiders of the Lost Ark. (1981) Archaeologist Indiana Jones tries to locate the Ark of the Covenant before the Nazis can get their hands on it. Steven Spielberg's action adventure with Harrison Ford

8.20 The National Lottery: In It to Win It. Dale Winton hosts as five contestants put their wits in a fold to win a share of the loot. Includes the National Lottery draws presented by Scott Mills. Last in the series.

9.10 Casualty: The prison riot escalates, putting both Tom and Jeff in grave danger while at the hospital Tess treats two young sisters who bear a great burden for such small shoulders. The series returns as two weeks' time.

10.00 Mrs Brown's Boys: Agnes worries about Dermot's choice of best man for the wedding, Cat is distracted when her neighbour Winnie's husband is rushed into hospital. (R)

10.30 BBC News: Weather. National Lottery Update.

10.50 Film: Leon/Off. (1997) An FBI agent has the face of a terrorist grafted onto his own to foil a homing, only for the criminal to assume his identity. Action thriller, with Nicolas Cage and John Travolta

1.00 Film: Hooper (1978) 2.35 Weatherview 2.40 BBC News

BBC2

6.00 This Is BBC Two 6.35 Film: Wagon Train. (1940) 7.35 Film: The Big Street. (1942) 8.00 A History of Scotland. (R) 10.00 Saturday Kitchen Best Bites (R) 11.30 What to Eat Now. (R) 12.30 The A to Z of TV Cooking. 12.45 University Challenge. (R) 1.15 EastEnders. (R) 3.10 Wimbledon Showdown: Kate Humble. (R) 4.10 Rog It: S 10 Escape to the Country. (R)

5.10 Live Golf: The Open Championship: Hazel Irvine presents coverage of the continuation of the third day's play at Muirfield, where the remaining players on the course complete their penultimate rounds.

7.40 Dad's Army: Mainwaring and the platoon are assigned to guard a vital radio home line through the night, but wake to find an encrypted "send" message in the wires. Comedy starring Arther Lowe. (R)

8.10 David Starkey's Music and Monarchy: New series. The author and broadcaster explores how the monarchy has shaped the history of British music, beginning by examining the stories of Kings who were also composers

9.10 Top of the Lake: The search for Tui Mitcham escalates and Robin perseves a respect to his house for questioning, but the situation quickly spirals out of control. Thriller with Elisabeth Moss

10.10 CDI (R)

10.59 Film: Strawberry Fields (2012) Premiere. Drama, starring Anna Maxwell

12.20 Golf: The Open Championship: Highlights 1.00 Film: Anne Culek (2009) 2.45 This Is BBC Two

ITV

6.00 CITV: Jake and the Neverland Pirates. 6.15 Jake and the Neverland Pirates. 6.25 Peppy Cat. 6.40 Peppy Cat. 6.50 Caninimals. (R) 7.00 Caninimals. (R) 7.10 Pinkalicious & Peterrific. (R) 7.20 Nick Ruttowski - Secret Dragon Daredevil. 7.35 The Avengers: Earth's Mightiest Heroes! 8.00 Gravity Falls. 8.25 ITV News. 8.30 Dinner Date. (R) 8.35 The Jeremy Kyle Show: USA. (R) 10.15 Murder She Wrote. (R) 11.15 Saturday Farm. 12.15 ITV News; Weather. 12.25 All Star Mr & Mrs. (R) 1.25 The Chase. (R) 2.25 All Star Family Fortunes. (R) 3.10 Film: Harry Potter and the Philosopher's Stone (2001)

6.00 Regional Programme: Weather

6.15 ITV News: Weather

6.30 You've Been Framed! (R)

7.00 You've Been Framed! Comical clips, including an alligator that bites raccoons. (R)

7.30 Your Face Sounds Familiar: Deeise Van Outen joins Emma Rhinitoe and Jinlian Clary on the panel as the celebrities impersonate more mentionally selected music icons. Aleisha Dixon and Freddy McGuinness host.

8.40 All Star Family Fortunes: Rhoadchnnnh star Carolyn Pickles and actor Perry Fenwick (EastEnders' Phil Mitchell) team up with their families in an attempt to win money for charity

9.45 The Americans: An assassin is sent to kill American scientists

10.45 ITV News: Weather

11.00 Film: Fearless (2006) Fact based martial arts adventure starring Jet Li.

12.50 Jackpot247 3.00 In Plain Sight. (R) 3.40 ITV Nightscreen.

CHANNEL 4

6.00 The Treacle People. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Caterham Motorsports 7.25 The Grid. 8.00 The Morning Line. 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 10.00 Frasier. (R) 10.30 Frasier. (R) 11.00 The Big Bang Theory. (R) 11.25 The Big Bang Theory. (R) 12.00 The Simpsons. (R) 12.30 Undercover Boss Canada. (R) 1.30 Channel 4 Racing. 4.10 Come Dine with Me. (R) 4.40 Come Dine with Me. (R) 5.10 Come Dine with Me. (R) 5.45 Come Dine with Me. (R)

6.15 Come Dine with Me: A hairdresser hosts the final dinner party in Wakefield. (R)

6.45 Channel 4 News

7.15 Ramadan Diaries: Short films following British Muslims as they observe Ramadan

7.20 Grand Designs: A scientist tries to build a carbon neutral home in Boxford, Suffolk, but the use of entester technology and the uncommon missing choice of materials complicate matters. (R)

8.20 Ten Million Pound Dump Live: Radio 1 DJ Greg James and former Dragons' Den star Hilary Devey try to answer questions correctly to hold onto £1million for charity. Presented by Davina McCall. Last in the series.

10.00 Film: The Americans... (2010) Premiere. Thriller with George Clooney and Violante Placido

12.00 Film: Carriers (2009) 1.30 Britain's Oldest Stand-Up. (R) 2.00 The Fishmonger. (R) 2.10 Welcome to Glaringly. (R) 2.15 Hollyoaks. (R) 4.25 Deal or No Deal. (R) 5.20 Supersizers... Go Roman. (R) 5.55 Making Mad with Eric Lanlard. (R)

CHANNEL 5

6.00 Milkshake! 10.00 Power Rangers Samurai. (R) 10.35 Batman: The Brave and the Bold. (R) 11.55 Inside Hollywood. 11.05 Big Brother: Live Eviction. (R) 12.30 The Hotel Inspector Returns. (R) 1.30 Cowboy Traders. (R) 2.30 CSI: NY. (R) 3.20 CSI: NY. (R) 4.15 CSI: NY. (R) 5.15 Film: Jessie Stone: Sin Change. (2007)

6.55 5 News Weekend.

7.00 Cricket: The Ashes: England v Australia, Mark Nicholas presents action from the third day of the Specsavers Test at Lord's, where the five-match series continued.

8.00 NCIS: The team becomes involved in an international incident when the body of an American petty officer is discovered, and evidence suggests he was killed on a British ship. (R)

8.55 NCIS: The team investigates the deaths of a radio DJ and a naval officer who were both killed during a live broadcast and discovers a number of potential suspects. (R)

9.50 5 News Weekend.

10.00 Big Brother: Highlights of another 24 hours in the Big Brother house, including coverage of the latest eviction as seen from the point of view of the contestants

11.00 Big Brother's Bit on the Psych: Psychological analyses of the housemates' behaviour

12.00 SuperCasino. 4.00 Nick's Quest. (R) 4.25 Make It Big. (R) 4.50 Roary the Racing Car. (R) 5.00 Angels of Jarm. (R) 5.10 Hana's Helpline. (R) 5.20 Angels of Jarm. (R) 5.25 The Funky Valley Show. (R) 5.30 Roary the Racing Car. (R) 5.50 Hana's Helpline. (R)

DIGITAL

BBC Three

7.00 Great TV Mistakes. 8.00 Top Gear. 9.00 Russell Howard's Good News. 10.00 Family Guy: Greatest Freakin' Griffin. 11.50 American Dad!

BBC Four

7.00 John Sergeant on Tracks of Empire. 8.00 Oceans. 9.00 Wallander: Firewall. 10.25 Southern Rock at the BBC. 11.25 Sweet Home Alabama: The Southern Rock Saga.

ITV2

3.55 I Wonder If Ever You've Been Framed! 4.00 Film: Star Wars: Episode V - The Empire Strikes Back (1980) 7.30 Film: Mamma Mia! (2008) 8.45 Film: Deep Blue Sea (1999) 11.50 Lemon La Vida Loca

ITV3

9.00 Lewis: A visiting professor is murdered. 11.00 Cold Blood

ITV4

2.00 Tour de France 2013: Live Stage 20 from Annecy to Semnoz. 4.30 The Cycle Show. 5.30 Police Camera Action! 6.00 The Motorcycle Show. 7.00 Tour de France 2013 Highlights. 8.00 Back Gold. 9.00 Hell on Wheels. 10.00 Film: Waterworld (1995)

E4

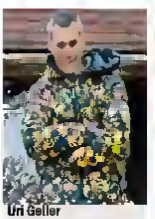
5.25 The Mindy Project. 8.00 The Big Bang Theory. 7.00 Sedregistory. 7.25 How I Met Your Mother. 8.30 Happy Endings. 8.00 Film: Dance Flick (2009) 10.00 The Inbetweeners. 11.40 The Big Bang Theory

Filmo

3.40 Arthur's Hallowed Ground (1986) 5.15 Horten Hears a Who! (2008) 6.55 The Day the Earth Stood Still (2008) 8.40 Taken (2009) Thriller starring Liam Neeson. 10.50 Watchmen (2009) Comic-book drama starring Patrick Wilson and Jackie Earle Haley

SUNDAY'S TV 21.07.13

CHOICE



Uri Geller

The Secret Life of Uri Geller
BBC2, 9pm

We think of Uri Geller and two things spring to mind: the weird art of spoon-bending and a lengthy, well publicised friendship with Michael Jackson. In his time in the spotlight, the illusionist and paranormal expert has often courted controversy and everyone now and then he hits the headlines for some bizarre reason or other. But the Beeb is going in with a different angle for this documentary, by exploring the idea that Geller is a psychic spy for intelligence agencies on three continents and has been over a 40-year period

BBC1

6.00 Breakfast. 9.00 The Andrew Marr Show. 10.00 Sunday Morning Live. 11.00 Live Golf: The Open Championship. 12.30 BBC News: Weather. 12.40 Live Golf: The Open Championship

7.00 Celebrity Mastermind: Charles Cannon, Kurtis Stacey, Naga Munchetty and Daniel Kenny answer questions on Kenneth Grahame, Arnold Schwarzenegger, the Ryder Cup and Wassily Kandinsky. (R)

7.30 BBC News: Regional News, Weather

8.00 Countryfile: Essex is this week's location as Jelia Bradbury walks one of Britain's most dangerous footpaths and Matt Baker meets children who are learning about food by growing it themselves. Including Weather for the Week Ahead

9.00 The Wells Bees: Elizabeth is devastated to learn Edward has taken a mistress. Anne is made a virtual prisoner after becoming George's ward and Margaret searches for a potential husband

10.00 BBC News: Regional News, Weather

10.25 Nina and Margaret: We All Pay Your Benefits: The claimants try out working life in the conclusion of Nick Hewer and Margaret Mountford's experiment to find out who has it best - taxpayers or those on unemployment benefit. (R)

11.25 Luther: The cop preaches for a vigilante killer. (R)

12.25 Film: Night and the City (1992) 2.05 Weatherview 2.10 BBC News

BBC2

6.00 This Is BBC Two 7.00 Film: Split Second. (1953) 8.30 Monty Don's French Gardens. (R) 9.30 Gardeners' World. (R) 10.00 Saturday Kitchen Best Bites. 11.30 Raymond Blanc: How to Cook Well. (R) 12.00 Film: Easy Virtue (2008) 1.30 I Am: The Way We Were. (1973) 3.25 Coast. 3.55 Escape to the Country. (R) 4.50 Songs of Praise. (R) 5.30 The Mating Game: Natural World Special. (R)

6.30 Selina Scott's Ocean with Simon Reeve: Simon journeys from Oman to the Maldives, where the tropical coral islands are being damaged by bleaching and an entire island has been manufactured as a landfill dump. (R)

7.30 Wild Cameraman at Work: Capturing footage of the rarest and most dangerous species on land.

8.00 Top Gear: Jeremy Clarkson, Richard Hammond and James May debut a car that can turn into a hovercraft and two variants of the Mercedes-Benz SLS AMG are tested

8.55 The Secret Life of Uri Geller: The illusionist's covert work for intelligence agencies and the military

10.30 Live Motor GP: The US Grand Prix race (Start time 10.00pm)

11.00 Mock the Week: With Rod Hackett, Ed Byrne and Chris Ramsey. (R)

11.30 Weird & Load of Buzzcocks: Music news stories and highlights of the comedy quiz from 2000. (R)

12.00 Golf: The Open Championship: Highlights. 12.45 Sign Zone. Countryfile. (R) 1.40 Holby City. (R) 2.40 This Is BBC Two

ITV

8.00 CITV: Jake and the Neverland Pirates. 8.15 Jake and the Neverland Pirates. 8.25 Peppy Cat. 8.40 Peppy Cat. 8.50 Caninimals. (R) 7.00 Caninimals. (R) 7.10 Pinkalicious & Peterrific. (R) 7.20 Nick Ruttowski - Secret Dragon Daredevil. 7.35 The Avengers: Earth's Mightiest Heroes! 8.00 Sonny with a Chance. 8.25 ITV News. 8.30 Country House Sunday. 8.25 The Jeremy Kyle Show. HSA. 10.20 Murder She Wrote. (R) 11.20 ITV News: Weather. 11.30 I Am: Celeridge: Any Old Port in a Storm. (1973) 1.30 Love Your Garden. (R) 2.30 I Am: Dragnet. (1987) 4.25 A Touch of Frost. (R)

8.30 Regional Programme: Weather

8.45 ITV News: Weather

7.00 Tipping Point: Lucky Stars: With Rylan Clark, Debra Stephenson and Colin Baker

8.00 All Star Mr & Mrs: With ex-Emmerdale star Sharon Murphy and her footballer husband Harry Kewell; gardener Diarmuid Gavin with his wife Justine, and dreadnaster Johnny Ball with his spouse Di

8.00 Law & Order: UK: Part two of two. Sam is suspended from duty and decides to spend some time with his son, while Brooks and Leyton discover who was responsible for the train crash

10.00 ITV News: Weather

10.15 The Talent Show Story: The rise of the judges. Last in the series. (R)

11.15 Murder She Wrote: Metzger's dinner is accused of murder. (R)

12.10 The Story 2.15 Monsi. (R) 2.50 Motorsport UK. 3.45 ITV Nightscreen. 5.00 The Jeremy Kyle Show. (R)

CHANNEL 4

8.00 The Treacle People. (R) 8.10 The Hoobs. (R) 8.35 The Hoobs. (R) 7.00 Ironman 2013. 7.30 Slateman Triathlon. 7.55 Everybody Loves Raymond. (R) 8.00 Frasier. (R) 8.30 Frasier. (R) 8.00 Snubby Branch. 12.30 The Big Bang Theory. (R) 1.00 The Big Bang Theory. (R) 1.25 The Simpsons. (R) 1.55 The Simpsons. (R) 2.30 I Am: Jungle 2: Jungle. (1967) Comedy starring Tim Allen. 4.30 Deal or No Deal. 5.35 Film: The Death and Life of Charlie St Cloud. (2010)

7.25 Channel 4 News

7.55 Ramadan Diaries: Short films following British Muslims as they observe the holy month of Ramadan and talk about the effects of fasting. Part of the #Ramadan season

8.00 The Plane That Saved Britain: Paralympics presenter and former Royal Marines commando Arthur Williams pays tribute to the De Havilland Mosquito, the Second World War aeroplane he believes history has forgotten

9.00 The Reverend: Camille's attempt to help friends of the family ends in tragedy. Simon investigates the circumstances of his first death, while Julie and Laura want to run away with Victor

10.00 Film: The Fourth Kind (2009) Premiere. A psychiatrist uncovers evidence of alien abduction in a small Alaskan town. Sci-fi horror starring Milla Jovovich and Will Patton.

12.00 Film: White Noise (2005) 1.45 Southland. (R) 2.25 Phil Spencer: Secret Agent. (R) 3.20 Secret Eaters. (R) 4.20 Deal or No Deal. (R) 5.15 Countdown. (R)

CHANNEL 5

8.00 Milkshake! Peppa Pig. 8.00 Roary the Racing Car. (R) 8.15 Fifi and the Flowertots. (R) 8.25 Bedtime Beppers. (R) 8.40 The Mr Men Show. (R) 8.50 Chloe's Closet. 9.00 Noddard and Custard Too. (R) 9.10 Bananas in Pyjamas. (R) 7.25 Noddy in Toyland. (R) 7.35 Milkshake: Mookey. (R) 7.40 City of Friends. (R) 7.50 Rastamouse. Emie's Great Adventures. (R) 7.00 Little Princess. (R) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) 8.25 Angelina Ballerina. (R) 8.40 Milkshake! Show Songs. (R) 8.00 Report Bear. (R) 8.30 Ben and Holly's Little Kingdom. (R) 8.15 Tody's Travelling Circus. 8.30 Roary the Racing Car. (R) 8.45 Jelly Jamm. 10.00 Power Rangers Samurai. (R) 10.35 Batman: The Brave and the Bold. (R) 11.00 Inside Hollywood. 11.45 Big Brother. (R) 12.00 BB BOTS: Rylan's Supersized Celebrity Sunday. 1.00 Film: Mermaids. (1990) 3.00 Film: Michael. (1996) 5.10 Film: The Kid. (2000)

7.00 Cricket: The Ashes: England v Australia. Mark Nicholas presents action from the fourth day of the Second Test at Lord's, where the five-match series continued.

8.00 Benidorm: Snow White's goodness is put to the test.

8.55 5 News Weekend.

9.00 Big Brother.

10.00 Film: Dumb and Dumber (1994) Comedy starring Jim Carrey and Jeff Daniels.

12.15 Sexters. 1.15 SuperCasino. 4.00 Nick's Quest. (R) 4.25 Make It Big. (R) 4.50 Roary the Racing Car. (R) 5.00 Angels of Jarm. (R) 5.05 Hana's Helpline. (R) 5.20 Angels of Jarm. (R) 5.25 The Funky Valley Show. (R) 5.40 Roary the Racing Car. (R) 5.50 Hana's Helpline. (R)

DIGITAL

BBC Three

7.00 HEFA Women's Fero 2013. 8.00 Great Movie Mistakes. IV: May the Fourth Be with You. 9.00 Family Guy: Greatest Freakin' Griffin. 10.00 Family Guy

BBC Four

7.00 A Poet's Guide to Britain. 7.30 Proms on Four: 20th Century Classics. 8.10 Elizabeth Taylor: England's Other Elizabeth. 10.05 Hollywood's Lost Screen Goddess: Clara Bow. 11.05 Arena: Screen Goddesses

ITV2

2.50 Film: The Mummy: Tomb of the Dragon Emperor (2008) 5.35 Film: Star Wars: Episode VI - Return of the Jedi (1983) 7.45 Film: The Incredible Hulk (2008) 10.00 Film: Couples Retreat (2009)

ITV3

3.40 Wycliffe. 4.50 Foyle's War. 8.50 Agatha Christie's Poirot. 9.00 Film: Parenthood (1989) Comedy drama, starring Steve Martin. 11.30 Film: Dead Calm (1989)

ITV4

2.25 Film: The Far Country (1954) 4.30 Tour de France 2013: Live. The final stage from Versailles to Paris Champs-Elysees. 8.00 River Monsters. 10.00 First Among Equals: The Lorelei Cannin-ham Story. 11.00 Tour de France 2013 Highlights

E4

4.30 90210. 5.25 The Mindy Project. 8.00 The Big Bang Theory. 7.30 Nay Gin. 8.00 Film: The Net (1995) 10.10 The Inbetweeners. 11.20 Skins: Pure - Part One

Filmo

3.05 Carry On Nurse (1958) 4.45 Star Trek: Insurrection (1998) 6.50 Last Holiday (2006) 8.30 The Karate Kid (2010) Martial-arts drama, with Jaden Smith and Jackie Chan. 11.45 In Man (2008)

Monday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Fake Britain. 11.30 Helicopter Heroes (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather 1.30 Regional News. Weather 1.45 Doctors 2.10 Lend Girls. (R) 3.00 Only Fools and Horses. (R) 4.00 Perfection (R) 4.45 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News. Weather 6.30 Regional News Programmes. Weather 7.00 The Sheriffs Are Coming. BBC News Regional News. 8.00 EastEnders. Ian is pushed to breaking point. 8.30 Jungle Outlaws. The Chainsaw Trail – Panorama. An investigation into illegal logging in the Amazon rainforest. 9.00 Long Live Britain. The first in two programmes tonight raising awareness of Britain's preventable illnesses. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Long Live Britain. 11.20 Live at the Apollo. 12.05 Weatherview. 12.10 BBC News

BBC2 5.40 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 The Specials. (R) 7.35 Bargain Hunt. (R) 8.20 Don't Get Done, Get Done (R) 9.05 Town with Nicholas Crane (R) 10.05 The Chef's Protege. (R) 10.35 Click (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film The Merger (1953) 1.30 Classic Mastermind. (R) 2.30 Triathlon. 4.30 Wild Down Under (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads. (R) 6.30 Britain's Empty Homes. (R) 7.00 Indian Ocean with Simon Reeve. (R) 8.00 University Challenge. 8.30 Count Arthur Strong. 9.00 Rick Stein's India. 10.00 What a Load of Buzzcocks. 10.30 Newsnight Weather 11.20 The Secret Life of Un Geller. (R) 12.20 Sign Zone: The Apprentice: Why I Fired Them. (R) 1.20 Luther. (R) 2.20 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with G'no & Mel. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 Take on the Twisters. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Harbour Lives. 8.30 Coronation Street. 9.00 Long Lost Family. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Benidorm. (R) 11.05 Monk. (R) 12.00 Jackpot247. 3.00 The Jeremy Kyle Show. (R) 3.55 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 The Treacle People. 6.35 The Hoobs. (R) 7.00 The Hoobs. (R) 7.10 Krishe's Handmade Treasures. 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 8.55 Fraser. (R) 9.20 Fraser. (R) 9.45 Frasier. (R) 10.05 The Big Bang Theory. (R) 10.30 The Big Bang Theory. (R) 11.00 Undercover Boss Canada. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Home or Away. (R) 1.05 Krishe's Handmade Treasures. (R) 1.20 Film: Appointment in London (1952) Second World War drama, starring Dirk Bogarde. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Taliban Chief Fighters Channel 4 Dispatches. 8.30 Food Unwrapped. 9.00 Undercover Boss. 10.00 Don't Dinme Facebook. 11.05 Random Acts. (R) 11.10 Coming Up. 11.45 Sex on Wheels. (R) 12.45 First Dates. (R) 1.40 Dates. (R) 2.35 Top Boy. (R) 3.40 Stonehouse Reunion. (R) 3.45 Phil Spencer: Secret Agent. (R) 4.40 Deal or No Deal. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Gibraltar: Britain in the Sun. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. (R) 3.15 Film: The Obsession. (2006) Thriller, starring Daphne Zuniga. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 Cricket: The Ashes England v Australia. Mark Nicholas presents action from the fifth day of the Second Test: 5 News Update. 8.00 The Gadget Show. 9 News at 9. 9.00 Botched Up Goofies. 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 CSI: Miami. (R) 1.00 SuperCasino. 3.55 HouseBusters. (R) 4.20 House Doctor. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Fake Britain. 11.30 Helicopter Heroes (R) 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather 1.30 Regional News. Weather 1.45 Doctors 2.10 Land Girls. (R) 3.00 Only Fools and Horses. (R) 4.00 Perfection (R) 4.45 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News. Weather 6.30 Regional News Programmes. Weather 7.00 The One Show. Best Bites. 7.30 EastEnders. BBC News Regional News. 8.00 Holby City. 9.00 Luther. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Imagine... Woody Allen: A Documentary Part 1. 12.30 Film: Synecdoche, New York (2008) Drama, starring Philip Seymour Hoffman. 2.25 Weatherview. 2.30 BBC News.

BBC2 5.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Flog It. (R) 7.35 Bargain Hunt. (R) 8.20 Sign Zone: Don't Get Done, Get Dom (R) 9.05 The Chef's Protege. (R) 9.35 The Chef's Protege. (R) 10.05 Rhys Jones's Wildlife Patrol (R) 10.35 HARDtalk (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Coast (R) 12.55 Animal Park (R) 12.35 Film: Hue and Cry. (1947) Ealing comedy, starring Alastair Sim. 1.55 The Super League Show. 2.40 Classic Mastermind. (R) 3.10 The A to Z of TV Gardening. (R) 3.55 A Taste of My Life. (R) 4.35 Wild Down Under. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Britain's Empty Homes. (R) 7.00 Indian Ocean with Simon Reeve. (R) 8.00 Raymond Blanc: How to Cook Well. 8.30 The Cruise: A Life at Sea. 9.00 The Route Masters: Running London's Roads. 10.00 Family Tree. 10.30 Newsnight Weather 11.20 The Tudors: An Underground History. (R) 12.20 Sign Zone: The Apprentice: The Final. 2.20 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with G'no & Mel. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 Take on the Twisters. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Nature's Newborns. 8.00 Love Your Garden: 2.0. Hunting the Doorstep Conmen. 10.00 ITV News at Ten. Weather. 10.30 ITV News London Weather. 10.35 Ray Mears' Close Encounters. Saltwater Crocodile. (R) 11.35 In Plain Sight. 12.25 Jackpot247. 3.00 In Plain Sight. (R) 3.40 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Hughs 3 Good Things Best Bites. 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.20 Frasier. (R) 9.45 Frasier. (R) 10.05 The Big Bang Theory. (R) 10.30 The Big Bang Theory. (R) 11.00 Undercover Boss Canada. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Home or Away. (R) 1.05 Krishe's Handmade Treasures. (R) 1.20 Film: Brighton Rock (1947) Thriller starring Richard Attenborough. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Krishe's Fill Your House for Free. 8.30 Why Don't You Speak English? 10.00 Rude Tube. 11.05 My Tattoo Addiction. (R) 12.10 Random Acts. 12.15 Poker. 1.15 KOTV Boxing Weekly. 1.40 KOTV Results. Volleyball. 1.45 The Grid. (R) 2.05 Celebrity Mastermind. (R) 2.30 Ironman 2013. (R) 4.05 Statesman Trishtish. (R) 4.30 Phil Spencer: Secret Agent. (R) 5.25 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Hotel Inspector Returns. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film: Trial by Fire. (2008) Action thriller, starring Brooke Burns. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 Arcadia: Hudson River Landing. (R) 8.00 Arcadia: Hudson River Landing. (R) 9.00 Botched Up Goofies. 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 CSI: Miami. (R) 1.00 SuperCasino. 3.55 HouseBusters. (R) 4.20 House Doctor. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Fake Britain. 11.30 Helicopter Heroes (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather 1.30 Regional News. Weather 1.45 Doctors 2.10 Land Girls. (R) 3.00 Only Fools and Horses. (R) 4.00 Perfection (R) 4.45 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News. Weather 6.30 Regional News Programmes. Weather 7.00 The Sheriffs Are Coming. BBC News Regional News. 8.00 Your Money Their Tricks. 8.00 Who Do You Think You Are? 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Imagine... Woody Allen: A Documentary Part 2. 12.00 Film: Match Point. (2005) Thriller with Jonathan Rhys Meyers. 2.00 Weatherview. 2.05 BBC News.

BBC2 5.00 Homes Under the Hammer (R) 7.00 Flog It! (R) 7.30 Bargain Hunt. (R) 8.15 Sign Zone: Don't Get Done, Get Dom. (R) 9.00 Helicopter Heroes. Down Under. (R) 9.30 Auction Hero. (R) 10.30 The Chef's Protege. (R) 11.00 BBC News. 11.30 World News. 12.00 Animal Park. (R) 12.25 Film: School for Scoundrels. (1960) Comedy, starring Ian Carmichael. 2.00 Weakest Link. (R) 2.45 Classic Mastermind. (R) 3.15 The A to Z of TV Gardening. (R) 3.55 A Taste of My Life. (R) 4.25 Wild Down Under. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Britain's Empty Homes. (R) 7.00 Top Gear. (R) 8.00 Restoration Home. 9.00 The Real White Queen and Her Rivals. 10.00 The Culture Show: Who Are You Calling an African Artist? 10.30 Newsnight Weather 11.20 The Route Masters: Running London's Roads. (R) 12.20 Sign Zone: Andy Murray: The Man Behind the Racquet. (R) 1.20 Tomorrow's World: A Horizon Special. (R) 2.20 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with G'no & Mel. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 Take on the Twisters. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Zoo. 9.00 Ray Mears' Close Encounters. 10.00 ITV News at Ten. Weather. 10.30 ITV News London Weather. 10.35 Hunting the Doorstep Conmen. (R) 11.35 The Dales. (R) 12.05 Jackpot247. 3.00 Film: Columbo: Publish or Perish. (1974) 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Krishes Handmade Treasures. (R) 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.20 Frasier. (R) 9.45 Frasier. (R) 10.05 The Big Bang Theory. (R) 10.30 The Big Bang Theory. (R) 11.00 Undercover Boss Canada. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Home or Away. (R) 1.05 Krishe's Handmade Treasures. (R) 1.20 Film: Ghost Things Best Bites. 1.15 Film: The Colditz Story. (1954) Second World War drama, starring John Mills. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Krishe's Fill Your House for Free. 8.30 Why Don't You Speak English? 10.00 Rude Tube. 11.05 My Tattoo Addiction. (R) 12.10 Random Acts. 12.15 Poker. 1.15 KOTV Boxing Weekly. 1.40 KOTV Results. Volleyball. 1.45 The Grid. (R) 2.05 Celebrity Mastermind. (R) 2.30 Ironman 2013. (R) 4.05 Statesman Trishtish. (R) 4.30 Phil Spencer: Secret Agent. (R) 5.25 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Traders. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film: Fairfield Road. (2010) Drama, starring Jesse Metcalfe. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 Emergency Chefs. (R) 8.00 News Update. 8.00 Myra Hindley: The Untold Story. 9 News at 9. 9.00 Big Brother. 10.00 Love/Hate. 11.10 Big Brother's Bit on the Side. 12.10 National Heads Up Poker Championships. 1.05 SuperCasino. 3.55 Great Scientists. (R) 4.20 House Doctor. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Fake Britain. 11.30 Helicopter Heroes (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather 1.30 Regional News. Weather 1.45 Doctors 2.10 Land Girls. (R) 3.00 Only Fools and Horses. (R) 4.00 Perfection (R) 4.45 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News. Weather 6.30 Regional News Programmes. Weather 7.00 Rip Off Britain. 7.30 EastEnders. BBC News Regional News. 8.00 Britain's Favourite Supermarket Foods. 8.00 Crimewatch. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Crimewatch Update. 10.45 Who Do You Think You Are? (R) 11.45 Film: Surviving Summer. (2009) Premiere. Drama, starring Hilary Duff and Ellen Ross. 1.15 Holiday Weatherview. 1.20 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Flog It! (R) 7.35 Bargain Hunt. (R) 8.20 Sign Zone: Don't Get Done, Get Dom. (R) 9.05 Pete Jones Meets. (R) 10.05 The Chef's Protege. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Coast. (R) 12.10 Film: The Secret Life of Walter Mitty. (1947) Comedy, starring Danny Kaye. 1.55 Weakest Link. (R) 2.40 Classic Mastermind. (R) 3.10 The A to Z of TV Gardening. (R) 3.55 A Taste of My Life. (R) 4.25 Wild Down Under. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Britain's Empty Homes. (R) 7.00 Celebrity Mastermind. (R) 7.30 RHS Flower Show Tatton Park 2013. 8.00 Dara O Briain's Science Club. 8.00 Hebrides: Islands on the Edge. 10.00 Monk: Mr Monk Gets Again. (R) 10.30 Newsnight Weather 11.20 P per Spiders. Film in the Night. (R) 12.50 The Review Show. (R) 1.50 Sign Zone: Jungle Outlaws. The Chainsaw Trail – Panorama. (R) 2.20 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with G'no & Mel. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 Take on the Twisters. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Zoo. (R) 11.35 Goodwood Festival of Speed. 12.30 Jackpot247. 3.00 Tonight. (R) 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Krishes Handmade Treasures. (R) 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.20 Frasier. (R) 9.45 Frasier. (R) 10.05 The Big Bang Theory. (R) 10.30 The Big Bang Theory. (R) 11.00 Undercover Boss Canada. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 SuperScrimpers. (R) 1.15 Film: Seven Days to Noon. (1950) Thriller starring Barry Jones. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Four Rooms. 9.00 Out in 10 Cats Does Countdown. 10.00 Jon Richardson: Funny Magnet. 11.05 Random Acts. (R) 11.10 Film: The Kids Are All Right. (2010) Premiere. Comedy drama, with Annette Bening and Julianne Moore. 1.15 New Girl. (R) 1.40 The Mentalist. (R) 2.30 Accidental Superpowers. (R) 3.20 Phil Spencer: Secret Agent. (R) 4.10 Deal or No Deal. (R) 5.05 Countdown. (R) 5.50 SuperScrimpers. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Traders. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Rosamunde Pilcher's Winter. (R) 6.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 Police Interceptors. (R) 8.00 News Update. 8.00 Cowboy Traders. 9 News at 9. 9.00 The Hotel Inspector Returns. 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 SuperCasino. 3.55 Great Scientists. (R) 4.20 House Doctor. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Fake Britain. 11.30 Helicopter Heroes. (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather 1.30 Regional News. Weather 1.45 Doctors 2.10 Land Girls. (R) 3.00 Only Fools and Horses. (R) 4.00 Perfection (R) 4.45 Flog It! 5.15 Pointless. (R) 6.00 BBC News. Weather 6.30 Regional News Programmes. Weather 7.00 A Question of Sport. (R) 7.30 Nigel Slater's Dish of the Day. (R) 8.00 BBC News. Regional News. 8.00 EastEnders. 8.30 Live Athletics. Further coverage of the London Anniversary Games. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Would I Lie to You? (R) 11.05 Premiere. 11.35 Film: Edge of Darkness. (2010) Thriller, starring Mel Gibson. 1.25 Weatherview. 1.30 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 Flog It! (R) 7.30 Bargain Hunt. (R) 8.15 Sign Zone: Don't Get Done, Get Dom. (R) 9.00 Antiques Roadshow. (R) 10.00 Animal Park. 11.00 BBC News. 11.30 BBC World News. 12.00 Film: That Darn Cat! (1965) Disney comedy, starring Hayley Mills. 1.55 Weakest Link. (R) 2.40 Classic Mastermind. (R) 3.10 The A to Z of TV Gardening. (R) 3.55 A Taste of My Life. (R) 4.25 Wild Down Under. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Britain's Empty Homes. (R) 7.00 Rhys Flower Show Tatton Park 2013. 7.30 Live Athletics. The London Anniversary Games. 9.30 Gardeners' World. 9.00 Spongiwatch Guide to Butterflies. 10.00 The Tip. (R) 10.30 Newsnight. 11.00 Weather. 11.05 Film: Perfume: The Story of a Murderer. (2006) Period thriller with Ben Whishaw. 1.30 Sign Zone: Saxon Kingdom: The Last Magician. (R) 2.20 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Let's Do Lunch with G'no & Mel. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 Take on the Twisters. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Harbour Lives. 8.30 Coronation Street. 9.00 Dric Martin. (R) 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Film: Paranormal Activity. (2007) Premiere. Horror starring Katie Featherston. 12.20 Jackpot247. 3.00 Film: 633 Squadron. (1964) Second World War drama, starring Cliff Robertson. 4.35 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Krishes Vintage Gems. (R) 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.20 Frasier. (R) 9.45 Frasier. (R) 10.05 The Big Bang Theory. (R) 10.30 The Big Bang Theory. (R) 11.00 Undercover Boss Canada. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 SuperScrimpers. (R) 1.15 Film: Seven Days to Noon. (1950) Thriller starring Barry Jones. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Four Rooms. 9.00 Out in 10 Cats Does Countdown. 10.00 Jon Richardson: Funny Magnet. 11.05 Random Acts. (R) 11.10 Film: The Kids Are All Right. (2010) Premiere. Comedy drama, with Annette Bening and Julianne Moore. 1.15 New Girl. (R) 1.40 The Mentalist. (R) 2.30 Accidental Superpowers. (R) 3.20 Phil Spencer: Secret Agent. (R) 4.10 Deal or No Deal. (R) 5.05 Countdown. (R) 5.50 SuperScrimpers. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Gadget Show. (R) 12.10 5 News. 12.15 Big Brother. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film: Out of Control. (2009) Premiere. Crime thriller, starring Laura Vandervoort. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News Talk Live. 7.00 Monster Moves. (R) 8.00 News Update. 8.00 World's Busiest Border Crossing. 9 News at 9. 9.00 Big Brother Live Eviction. 10.30 Big Brother's Bit on the Side. 11.30 Big Brother: Live from the House. 12.00 SuperCasino. 3.45 Motorsport Mondiale. 4.20 House Doctor. (R) 5.10 Wildlife SOS. (R)

Chichester
HERALD
CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER
Find us on twitter
@chiherald
Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week
Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
www.chichesterherald.co.uk

Food & Drink

FOLLOW US ON TWITTER
@chiherald

Tesco food appeal collects 3.5 million meals for people in need

GENEROUS customers helped to donate an incredible 3.5 million meals during Tesco's National Food Collection appeal on the 5 and 6 July, the equivalent of 26,000 trolley-loads of food.

Tesco held the appeal in partnership with Foodbanks charity, the Trussell Trust and food redistribution charity, FareShare in every one of its stores across the UK after new research showed nearly one in five people had suffered from some form of food poverty in the last twelve months.

With school summer holidays approaching, the research also showed parents found the holidays a particularly difficult time to provide food for their children with as many as 70% of families currently suffering from food poverty relying on food given out by schools.

During the collection, customers were asked to donate non-perishable food items such as long-life milk, cereals and tinned vegetables and fruit. The food, weighing in at 1,500 tonnes, will now be transported to regional FareShare depots and local foodbanks across the country to help people in times of crisis.

The total amount collected includes Tesco's 30% top up and collections in Tesco's dedicated online grocery delivery centres. Tesco plans to introduce permanent collection points in some of its stores before its next national collection in December.

Rebecca Shalley, Group Corporate Affairs Director at Tesco said: "Once again, our customers have shown extraordinary generosity and made this the biggest food collection the UK has ever seen – so thank you to everyone who donated. Together with the extra 30% that Tesco has contributed, the food we collected will help hundreds of thousands of people in need across the UK.

"The work we do with the Trussell Trust and FareShare plays a vital role in making sure people have access to food in times of crisis, especially as food poverty is increasing in the UK.

"I'd also like to say a special thanks to all our colleagues and the volunteers who made the collection possible – we're incredibly proud of their hard work and dedication."

Lindsay Boswell, CEO of FareShare said: "With more people turning to charities for food than at any other time in FareShare's history, we know the summer holidays are going to be difficult for many. At a time of such need we are incredibly grateful to Tesco customers for their generosity. Thanks to you we will be able to provide the 900 charities we support across the country with even more food. These charities offer not only a meal but invaluable support to some of the poorest people in our society. With more than a third of these organisations helping to

feed vulnerable children, your support really will help the thousands of families struggling to afford food this summer."

Chris Mould, Chairman of the Trussell Trust said: "In the last three months alone Trussell Trust foodbanks have given three days' emergency food to over 150,000 people in crisis and we know that the summer holidays can tip many low income families over the edge. The extraordinary generosity of tens of thousands of members of the public across the UK at Tesco last weekend will help foodbanks to stop thousands of families from facing hunger this summer. We're immensely grateful to Tesco for their invaluable support, the 30 percent top up is a wonderful gift to our foodbanks which will make the public's donations go much further."

Tesco customers at the Park Road Extra store in Liverpool proved to be the most generous in the UK, donating the equivalent of nearly 21,000 meals, including Tesco's 30% top up, to people in need.

Customers at the Grahams Road store in Falkirk donated a fantastic 10,000 meals to become the most generous customers in Scotland, while the Pontypridd Extra in Wales collected more than 6,200 meals.

In Northern Ireland, the Bentrim Road store in Lisburn collected an impressive 6,600 meals for people in need.

New Harvest series on BBC Two explores farmers' fight to feed the UK

HARVEST, a new series for BBC Two, hosted by Gregg Wallace and Philippa Forrester, will reveal the secrets behind the culmination of our crop-growing season, and shed light on British farming and its contribution to our food.

As part of the three-part series, Gregg and Philippa will visit farms to see how farmers use their knowledge of nature combined with hard work, precision planting, weather watching and smart logistics to gather in the billions of pounds of produce upon which we all depend. There will also be expert contributions from Stefan Gates on the science behind growing great crops.

In addition, and for the first time on TV, the series will reveal an early harvest report for the UK, which will give an indication of which crops are likely to be the winners and losers in 2013.

The 2013 figures for cereals, vegetables and fruit will show how our farmers are faring in their battle to recover from the seemingly endless winter, and coldest spring for 50 years. Harvest will examine how growing conditions affect the quality and taste of produce, the science behind the secret life of plants, and the crafty tricks of nature that farmers and growers must master. Can our growers rise to the challenge of feeding Britain under extreme conditions?

This year's harvest is one of the most important for a generation. Last year's weather had a disastrous impact on the farming community and the National Farmers Union (NFU) estimated £600 million worth of crops were lost. For many farmers, a good Harvest in 2013 is vital for their financial recovery. Viewers will see, first-hand, the struggle growers' face as they gamble their future on their knowledge of nature.

Tim Martin, Executive Producer for the BBC, says: "The success or failure of the British Harvest has a huge impact on us – it affects the price, quality and availability of our food, it's crucial to the economy of much of the UK, and it shapes the very nature of our countryside.

"With a rapidly rising world population what we can grow in Britain is more important every year. So this ambitious new series is a wonderful opportunity to bring all the drama of the harvest into viewers' lives, and reveal the clever science that keeps our farmers one step ahead of disaster, and guarantees there's always food on our plates."

The Harvest series will be supported by BBC Learning who are producing a free Harvest resource booklet that will explain the science behind producing UK crops and feature practical recipes using harvest produce. The booklet will be available online and at events run by partners such as farms, orchards and food growing projects – details of which will be listed on the bbc.co.uk/thingstodo website near to the time of broadcast. There will also be a series of short films illustrating the science underpinning modern farming, which will be available for use in schools.

Pace of horsemeat probe condemned

MPS HAVE condemned the slow pace of the investigation into the horsemeat scandal, with no prosecutions six months after the problem was first identified.

The Commons Environment, Food and Rural Affairs Committee said the authorities in both the UK and Ireland – where horse DNA was first discovered in processed beef products – had yet to acknowledge the scale of the illegal activity involved.

The committee called for assurances that the authorities will act if evidence is uncovered to support criminal prosecutions.

The evidence we received from retailers and food processors in the UK and Ireland suggests a complex, highly organised network of companies trading in and mislabelling frozen and processed meat or meat products in a way that fails to meet specifications and that is fraudulent and illegal," it said.

"We are concerned at the failure of authorities in both the UK and Ireland to acknowledge the extent of this and to bring prosecutions. We are dismayed at the slow pace of investigations and would like assurance that prosecutions will be mounted where there is evidence of fraud or other illegal activity."

The MPs acknowledged that horsemeat contamination was limited to a "relatively small" number of beef products sold in the UK, with 99% of products tested containing no horse DNA. Across the EU as a whole,

4.66% of products tested were found to contain more than 1% horse DNA.

The committee complained that there was still a "lack of clarity" within Whitehall over where responsibility lay for dealing with such issues, and it said the Food Standards Authority was to be an effective regulator.

It expressed "surprise" that in EU-mandated tests, 14 out of 836 samples of horsemeat from the UK tested positive for the painkiller bute – the highest number of positive tests in the EU.

The committee said there were clearly "many loopholes" in the current system of horse passports and called for assurances that horse movements within the UK and between the UK and Ireland were being properly monitored.

A Defra spokesman said: "It is absolutely wrong for any businesses to con the public by allowing horsemeat to be labelled 'beef'. That's why we have set up an independent review to identify any weaknesses in the food supply chain or the regulatory system to prevent this happening again. The police are investigating."

the ship
Hotel, Bar & Restaurant

Hotel | Bar | Restaurant | Weddings | Meetings | Occasions

Pre Barnum Prix Fixe Menu

2 courses for £15 3 courses for £17.50

12-2pm 5-7pm Monday - Saturday

PLAYING NOW AT THE THEATRE IN THE PARK

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net

The amazing effects of sunshine!

Denise Kelly

I HAVE just got back from another amazing work trip to the Baltics. I really love that part of the world and find the people so humble and authentic and I enjoy training each and every one of them about the power of good nutrition and super foods.

Like us they too are experiencing a wonderful summer and with the many more hours of daylight they are expressing how their happiness is increasing and energy rising.

Being healthy requires more than just exercising, eating correctly and getting the right amount of sleep. We must also have sunshine. The sun is the source of all life, as we know it. It is our friend, and we need to respect it by establishing an intelligent relationship with it. The sun provides one of the greatest remedies for the anxious person who is very stressed out. You could try to encourage a person you know who has a great deal of stress in their life to lie down in the sunshine and the rays will give them what their nerves and bodies are craving – relaxation!

Sunshine is a tonic, a stimulant and a great healer. When a person stretches out in the sun, millions of nerve endings absorb the solar energy and convert it for use by the nervous system. So not only does sunlight make you feel good, it is essential for great health. It actually triggers an increase in the body chemical serotonin, which controls sleep patterns, body temperature and sex drive. Serotonin also lifts your mood and wards off depression. Also, as the skin absorbs more of the suns rays it stores up incredible amounts of a very beneficial germ killing energy known as germicides. Of course the key thing to think about when utilizing the restorative properties of sunlight is moderation. Not sitting sizzling on the beach for 12 hours per day! The best times to avoid the sun are between 10am and 2 pm. The burning infrared rays are the most intense during those times. Sun creams are very toxic, so always go for a good organic brand to avoid excess toxicity in the body, or simple cover up with clothing if you find yourself out at these times. Other than those times it is pretty safe and essential to allow your skin to absorb the rays giving you the best possible source of vitamin D. The calming effects of sunlight start at the brain, when light enters your eyes, it goes to the brains hypothalamus, which controls hunger, thirst, water balance, blood pressure, emotions, immune function, cardiac rhythm and the master gland, the pituitary.

The incredible powers of the sun are essential to all animals, plants, fruits, trees and vegetable gardens. All of these develop best with the right amounts of sunlight. This is also true with the human body. Through plant life the sun transforms carbon dioxide into oxygen for humans to breath. Without the sun we would be unable to breathe. So enjoy it while it lasts!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

What happens if you are sensitive to the sun?

If you cannot go in the sun because you get red and blistered easily, you can go under an umbrella for just a little while as it is possible to take in sunlight through your eyes. Some beneficial parts of sunlight cannot pass through windows so it's important for each and every one of us to spend time outside.

250 cuts and 100 hairstyle changes - the lifetime of a woman's hair

THE AVERAGE woman will work her way through 150 different hairstyles in a lifetime, a study has revealed. Researchers found the typical female will have her hair cut into a different style twice, and try at least one different colour, each year between the ages of 15 and 65.

And the main reasons for changing styles are simply getting bored with their current look, seeing a celebrity with a cut or colour they like, or going through a big life change.

It also emerged women will experiment with around 100 different shades of colour over the years.

Sacha Mascolo-Tarbuck, Global Creative Director for Toni&Guy, which commissioned the research to mark its 50th anniversary, said: "It's great to see that most women will experiment with their hair during their life, rather than stick the same tried and tested look.

'A new hairstyle or colour can be a great way to brighten up your appearance or even celebrate a big life change or milestone event.

"If you like being the centre of attention and keeping up with the latest trends, nothing does this more than a radical cut or colour.

"And if you aren't brave enough to go for a completely different look, just going for a slightly lighter or darker shade than usual, or chopping more off the ends, can still have the same effect!"

The study of 2,000 women revealed that in an average year, there will be five visits to the hairdressers – a total of 250 between the ages of 15 and 65.

And during those trips, women will go for a completely different colour once every year, or fifty times in total.

On top of that, they will also work their way through around two different cuts or styles each year – around 100 over the 50 year period.

More than one in twenty even admitted they always try and go for something different every time they go to the hairdressers, while another 47% will experiment with something a little different to their norm.

It also emerged 64% of women change their hair cut or style simply because they are bored with their old one, while 12% copy a look after seeing it on a celebrity.

15% have got a new style or colour for their wedding, while another 13% have changed their looks after having a baby.

A milestone birthday, before giving birth and graduating university were also among the big life events which have led to a new hairstyle.

Other popular reasons for a change of style include going through a relationship break up and simply liking the attention that a new look brings.

Researchers also found that almost half of women are easily bored when it comes to their hair, and another 47% bravely like to be experimental when it comes to their locks.

More than one in twenty even say they have never gone more than a month with the same style, while 35% go for a different cut or colour at least once every six months.

But at the other end of the scale, 15% have stuck with the same look for five years, with a further 14% admitting it has been a decade or more since they last had a different style.

Almost a third have even changed their hairstyle after just a few days because they didn't like how it had been done.

Toni&Guy's Sacha Mascolo-Tarbuck added: "Colour is an important part of the final look, as no cut is ever complete without colour to enhance the overall effect."

A lifetime of hairstyles

Between the ages of 15-65, women will

Visit the hairdressers 250 times (five each year)

Change their hair colour 50 times (once a year)

Dye their hair 100 different shades (two a year)

Have 100 different hairstyles (two a year)

Top reasons for changing colour/style

1. I'm bored with my current look
2. Seeing a celebrity style I like
3. I was going through a big life change
4. The end of a relationship
5. I enjoy the attention that a new style or colour brings

Spire
Portsmouth Hospital

We go beyond treating patients

for us it's about looking after people

Receive expert private healthcare in beautiful surroundings from a highly trained team dedicated to your personal care

Spire Portsmouth Hospital making it easy to get the treatment you need

To find out more, please call **02392 456172**
or email **info@spireportsmouth.com**
www.spireportsmouth.com

Get better sooner
Just make a one off payment or use your insurance

Fashion & Lifestyle

FOLLOW US ON TWITTER
@chiherald

Something borrowed, something blue, parents pay for son to say "I do"

WHILE the summer may have only just arrived, wedding season has been in full flow since May, which could be bad news for parent s pockets Research by Saga Home Insurance shows that half of parents aged 50 to 69 are planning to pay for their children s wedding

It seems that this age group are still traditionalists at heart when it comes to weddings, as a third are planning to pay for their daughter's special day (29%) However, weddings have become so expensive that a fifth of parents now intend to cover the cost of their son s big day

Parents planning to cover their children s wedding costs could change their mind when they see the bill Whether their daughter wants a horse drawn carriage or their son wants to say "I do" abroad, the average wedding could now set parents back a whopping £20,000**.

Paying for weddings seems to run in the family, as parents are more likely to pay for their children s big day if they didn t have to pay for their own In fact, parents who received any financial help with their special day are more inclined to chip in for their own children s wedding

Saga Home Insurance understands that many parents over 50 will be helping their children out in some way or another on their big day So Saga increases its contents cover by 20% one month before and one month after the big day, so parents have peace of mind that all wedding paraphernalia will be covered

Emma Soames, editor-at-large, Saga Magazine, commented "The only way to give your child the wedding of their dreams is for both sets of parents to contribute I have discovered this as my own daughter is getting married this summer and it seems to be the norm these days for the parents in law to contribute Costs can be enormous especially since a girl s implacable desire to dance in her wedding dress means that there is normally a celebratory meal for quite large numbers of people before they hit the dance floor

I have heard many horror stories of robberies occurring while houses are empty during wedding services or receptions so having adequate insurance is vital "

Brits want a bank holiday to celebrate the Royal baby

ON THE EVE of the Royal birth, 48% of the nation believes we should wake up to an additional days holiday to celebrate the impending Royal arrival, according to a Great British Moments survey of 1,000 members of the British public conducted by Greenall s Original London Dry Gin The survey reveals our views on Great British moments including bank holidays, the monarchy and our favourite tipple, the G&T

Inspired by the generosity of the additional public holidays the nation enjoyed to celebrate the Royal Wedding in 2011 and the Queen's Diamond Jubilee in 2012, almost half of the UK believe we should be offered a similar day to celebrate the birth of the future King or Queen

70% want another bank holiday

Whether or not to mark a Royal celebration, a landslide 70% of the UK has requested an additional Bank Holiday, as the UK currently has 8 bank holidays compared to the US who get 11 bank holidays, Austria 12 and our French counterparts who receive 13.

Almost half of survey participants want the additional bank holiday to fall within the height of the summer months so Brits can capitalise on the hottest time of the year.

It is suggested that an extra day's holiday would help ease the increasing stress levels felt by workers and improve the quality of life for families across the UK.

"The people have spoken, Brits want another Bank Holiday. There are so many fantastic Great British moments, it would be lovely to have one more day to celebrate and share these as a nation. And what better way to toast the occasion than with a classic British gin & tonic," says Sinead O Frighil, Global Brands Development Manager at Greenall s Gin

Toast to the Queen

The survey also found out that Britain's favourite alcoholic drink is a Gin & Tonic, a classic cocktail that has been synonymous with British culture since the late seventeenth century

Not only do 35% of people say it is their tipple of choice, but nearly half (49%) of the UK believes that it is also the Queen's favourite drink.

Horoscopes

Horoscopes from Kimi
19th July 25th July

Aries

There may be some bruised egos this week that you will find it difficult to deal with Whatever the temptation don't run away and don't lose your cool Maintain your poise and you will further expose the petulant behavior of your combatant You will have a busy social calendar this week but don t forget to take care of your health

Taurus

You know what you mean but do others? Be careful what you say and who you say it to Things said in haste are open to misinterpretation and you could find yourself at worst giving a grovelling apology at best slightly embarrassed A great week for parties just make sure they are healthy pool ones and not alcohol fuelled

Gemini

Something is going to spring up unexpectedly this week It could be an old friendship that is rekindled you may be given a bonus you were not expecting or it could be that you are given a much needed and unasked for push up the corporate ladder The good news is whichever unexpected event occurs it will be positive

Cancer

A good time to splash the cash The feeling of well being and admiration this engenders will more than compensate for the loss in your coffers Just make sure you do your homework before you make the big purchase and all will be well A great week for travel too so that big purchase could be a car or holiday!

Leo

Your communication skills are at a high You may be entering into negotiations albeit on a friendship or social level that will prove to be quite lucrative to you You have been on a bit of an emotional roller coaster of late so this week would also be a good time to take a break If not a full holiday

Virgo

At times you are like the sun and the rest of us mere mortals are drawn to you as moths to a flame This is one such time You are giving off some high octane energy Kids partners and co workers are all under your spell Be careful to direct this energy wisely and cautiously Misdirected it could descend into chaos

Libra

You are highly tuned to picking up on feelings of change and you are certainly sensing things this week. The changes that occur will take place gradually over the forthcoming weeks and they may not be all material or physical You are going through a transitional spiritual phase too where you question your own belief systems and emotional attachments

Scorpio

You could be having a bit of a tough time of it You may feel put upon or even discriminated against Don t go running off to court just yet even though legal issues are forecast Explain clearly why you feel aggrieved and try to settle the matter informally if you can Those legal issues relate to properly not work!

Sagittarius

Your journey this week is unlikely to be an emotional one but will be more on the physical plane It is unlikely though possible that the journey will be a pleasure trip It is much more likely to be tied up with education or training View this as not so much a task as recognition of your future value

Capricorn

Personal relationships will be tested this week with your partner/loved ones beginning to wonder what you are about You need to open up a little and share your thoughts and feelings if you are to get the true connection you not only desire but need A good week for business new and lucrative deals could be on the table!

Aquarius

If you are on your own get out there and socialize This is a great week for meeting new and interesting people and utilizing some of those flirting skills you have been hiding of late Try to keep your flirtatious side out of the work place though as it may be misconstrued as gamesmanship and could backfire

Pisces

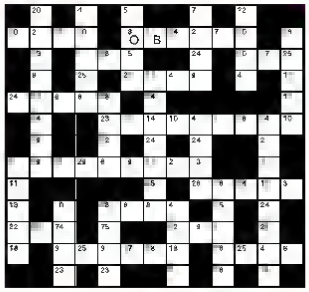
Well how will that person get your attention then? Do they have to club you on the head and drag you off or carry a full page ad in the Times? Subtlety is not your strong point and sometimes you are just a little too oblivious to the signs Relax, enjoy and by the way stop being so hyper sensitive!

Brain Gym

No.127

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	B
2	
3	
4	
5	
6	O
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	O
19	
20	
21	
22	
23	
24	
25	

Last week's solutions:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
U	K	V	Z	P	N	S	X	Q	L	C	F	I		
J	A	Y	R	O	B	T	H	G	M	W	D	E		

Wordsquare

R	L	Y
B	N	T
H	I	A

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate

15 words - average;
20 words - good;
25 words - very good;
30 or more - excellent

Last week's solutions

ale, ales, also, ball, bal or, balls, bare, basil, blas, boar, burial, burse, collar, abonous, labour, labours, lar, liar, liars, lira, labor, oral, rail, rals, rial, sail, sailer, sari, sail shed, soar, solar

Double Crossword

Choose either quick or cryptic clues

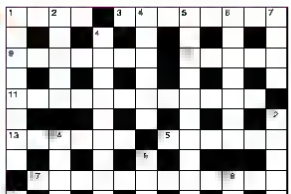
Cryptic Clues:

Across

1. They provide fuel records (4)
3. Observed the books – they're manganese (3-5)
9. Refused playfully subjected to a search (7)
10. Measure a young animal by it (5)
11. Making the pitch too big, but reflecting defeat (12)
13. The seas of what was once temporary accommodation (6)
15. A woodworker who becomes a member (5)
17. The affliction of one who experiences regular hearings (5,7)
20. Bit dic to prohibit on outside (5)
21. Opposite directions included in characteristic convergence (7)
22. They put on either people's clothes! (5)
23. Permanent settlers have come to this (4)

Down

1. Surplus remained on top (4-4)
2. The collector is caricatured, we hear (5)
4. They figure out the total number of poisonous creatures (5)
5. Presumably this is not in the front rank of threatens (12)
6. Note a arrangement about an Eastern country (7)
7. Perform from which to take something hears (4)
8. Figures are cut on them by blades a foot long (7-5)
12. Describing the clerk who is unusually spritely (8)
14. Upholder of the board (7)
16. Press man tried to change nothing inside (5)
18. Promotes sale them of property put back inside (5)
19. The position of one who has retired (4)



Quick Clues:

Across

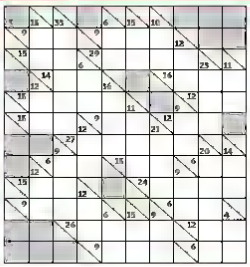
1. Saucy (4)
3. Jam (6)
9. Rubbers (7)
10. Hackneyed (6)
11. Teacher (12)
13. Lottery (6)
15. Hesitate (6)
17. Impolite (12)
20. Boredom (5)
21. Windy (7)
22. Commonplace (8)
23. Pluck (4)

Down

1. Delight (8)
2. Extend (5)
4. Recommence (6)
5. Adequate (12)
6. Apparel (7)
7. Pitcher (4)
8. Memory (12)
12. Outlook (8)
14. Simulated (7)
16. Tremble (6)
18. Smell (5)
19. Nil (4)

Last week's solutions.
CRYPTIC Across 6 Bee-line; 7 Sheep; 8 Trunk, 10 Pension 12 Relinquishing 14 Authorise 18 Against 19 Stern 21 Sewer 22 Shearer Down 1 Beans, 2 Blonde 3 Ant; 4 Physic, 5 Recount; 8 Deports, 11 Undressed 13 Surgeon 15 Hailed 16 Extras 17 Tried 20 Shy QUICK– Across 6 Decorum 7 Sally, 8 Claim 10 Elegant 12 Interrogate, 14 Informal 18 Reluctant 19 Ideal 21 Agree 22 Capable Down 1 Reply 2 Normal 3 Pay; 4 Jargon 5 Snarky 9 Climate 11 Teasing 13 Anergy 16 Outlet 18 Ordeal 17 Tally 20 Wan

Kakuro



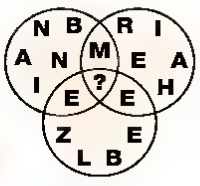
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is N. Flamingo, Cardinal, Nightjar, all birds

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

		O		
				E
	S			
S				
			M	

A

H	E	R	T	H
S	T	I	S	T
S	E	R	M	O
G	A	S	E	T
A	M	O	S	E

B

Last week's solutions
Craft–Refer Afore Ferns Tress.

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

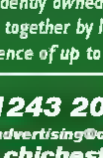
	2		4		6	9		
		4	1				3	
6			7	5				4
7	1		2			8		6
		6		1			2	
3	5						4	9
1			5	2	8			3
	6				1	5		
		5		9	4		8	1

Intermediate

6				9	3			
	1		6			5		3
9	3		5	1		6		
3		6					2	
			8	4	1			
	8					9		7
7		4			5		3	6
		2		3			8	
			2	7				4

Difficult

		7					3	1
5				9		8	2	7
			3			6		
9				2				6
8				7				9
		5			4			
7	2	9		8				3
3	8					5		



Chichester HERALD
CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER
Find us on twitter @chiherald
Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week
Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
www.chichesterherald.co.uk

Home & Garden

FOLLOW US ON TWITTER @chiherald

Keep your home summer safe

THE SUMMER HOLIDAY season is almost upon us and, with a record amount of rain fall this spring, many have decided to ditch the 'staycation' in favour of sunnier climates.

But before packing the essential sunglasses and flip-flops, take a moment to consider the safety of home before locking up and leaving.

Jackie Woodward, sales manager for Jelson Homes, comments: "Burglars are well aware that the adverse weather conditions are sending a lot of people packing, and that's exactly why we have compiled our top 10 list of things to do in the home to keep burglars at bay."

Jelson's top 10 home safety tips

1. Check window locks. Government statistics show that 30 per cent of burglaries happen through windows, so if you have locks – use them.

2. Have a burglar alarm but hardly use it? If so, now is the time to take action. Check that it works correctly and remember to put it on before leaving.

3. Fit timers to upstairs and downstairs lights a few days before setting off, so that you can check they all work correctly.

4. Keep ladders, hammers and other equipment which could be used for breaking in, out of sight.

5. Keep valuables out of sight and preferably store them in a safe.

6. Fit a radio timer to come on and go off throughout the day.

7. Cancel milk and newspaper deliveries and ask a neighbour to push post right the way through the front door.

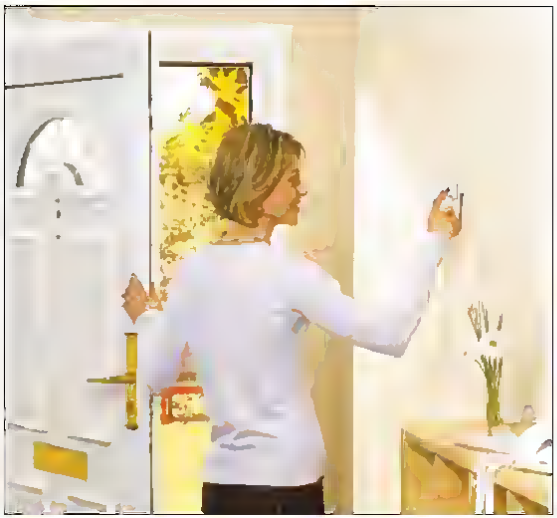
8. Grass is a great give-away, so make sure you mow before jetting off.

9. Close curtains at the back of the house, as this is where burglars can roam without being seen by others.

10. Back gardens are the most vulnerable part of the house so for extra security, plant and train climbing roses to grow up fencing as an extra (spikey but attractive) deterrent.

Jackie adds: "Some of these simple and easy-to-adopt tips don't take long, but because we are all too often in a rush to get the holiday packing done and to head off to the airport, house security can often be taken for granted and often fall off our 'to do' list altogether.

"With a little forward planning we're sure that by doing even just a few of our top 10 tips we can help to keep more than the rain away this summer."



WOODS THE COMPLETE TRAVEL SERVICE

READER OFFER

LONDON SOUTHBANK

SAT 27 JULY 2013

Adult, Senior Citizen & Child £15

After a coffee stop at Denbies Wine Estate we make our way to London's Southbank.

South Bank is an eclectic area that is the cultural heart of the city and home to London's most iconic attractions, theatres, arts and design-led venues. The area is buzzing with things to see and do all year round and is home to the London Eye. The Imperial War Museum London is also near the South Bank, hosting exhibitions from the First World War to the present day.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

WOODS THE COMPLETE TRAVEL SERVICE

READER OFFER

CLARENCE HOUSE WITH LUNCH

26 AUGUST 2013

Adult & Senior Citizen £46 & Child £37

A two course lunch will be served at The Silvercross in Whitehall before our 1430hr tour of Clarence House. Clarence House has been the home of her late Majesty Queen, Elizabeth, The Queen Mother, a place where traditions of a grand London House were magnificently perpetuated long after they had run their course everywhere else. In 2003 Clarence house became the official residence of their Royal Highnesses The Prince of Wales, The Duchess of Cornwall and Prince Harry.

Please note there is a Clarence House only option available for this excursion

Pick ups in Chichester, Rose Green, N Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

Property

A detached bungalow situated in a cul-de sac of the Colts Bay private estate approx two hundred yards from local shops & five hundred yards from the beach G FH u PVC double glazing a fitted kitchen/breakfast room, a lounge a dining room, a master bedroom with en suite bathroom a second bedroom a second bathroom a detached double garage and a South West facing rear garden EPC RATING D

For more information contact Coastguards Estate Agents on 01243 267026
www coastguardsproperty co uk

WHITLOCKS
ESTATE AGENTS

Pagham | £239,950

• Two Bedroom Detached Bungalow • Corner Location • Two Receptions • Gas Fired Central Heating and UPVC Double Glazing Throughout • South Facing Rear Garden • Detached Garage • Open To Offers • No Forward Chain

Nyetimber | Offers Over £399,950

• Detached 2 / 3 Bedroom Bungalow • Modern Fitted Kitchen and Bathroom • Beautiful 200ft x 80ft Rear Garden • En-Suite Shower Room to Master Bedroom • Gas Fired Central Heating / UPVC Double Glazing Throughout • Detached Double Length Garage With Remote Control Door • Quiet Cul-de-Sac • Superbly Positioned Corner Plot Location • Potential For Further Extensions (Subject to Planning)

Bognor Regis | £229,950

• Three Double Bedrooms • Modern Fitted Kitchen and Bathroom • Two Receptions • Mature Medium Sized Garden • UPVC Double Glazing and Gas Fired Central Heating Throughout • Off Road Parking

Nyetimber | £339,950

• Detached Three Bedroom House With Character • Modern Fitted Kitchen With In-Built Appliances • Gas Fired Central Heating and UPVC Double Glazing Throughout • UPVC Double Glazed Conservatory • Detached Garage • Landscaped Easy To Maintain Gardens

T: 01243 262747 E: sales@whitlocksestateagents.co.uk

W: www.whitlocksestateagents.co.uk

coastguardsproperty

6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk Telephone: (01243) 267026 Email: office@coastguardsproperty.co.uk

ALDWICK **£205,000**

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h., delightful dual aspect living rm, fitted kitchen, bathroom, separate w.c./cloakroom, single garage with additional parking for several vehicles, use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge. EPC rating is D

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H. u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge/dining rm, sitting rm, kitchen/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, cloakrm, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

CRAIGWELL PRIVATE ESTATE **£450,000**

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. G.F.H. u.P.V.C. d/glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens. EPC rating is E

ALDWICK **£395,000**

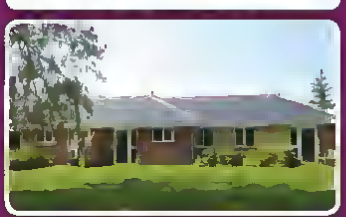
An extended four bedroom detached house approx 300 yards from the beach. G.F.H. d/glazing, dual aspect living room, sep. dining room, good sized kit/breakfast room, cloakroom, master bedroom with en suite shower room, three further bedrooms, bathroom. Partially integral double garage and gardens to three sides. EPC Rating D

ALDWICK BAY ESTATE **£275,000**

An elegant 3 bedroom first floor flat in a cul-de-sac of private estate, approx 300 yards from the beach. The property is well presented and offers bright and attractive accommodation. G.F.H., dining room with small balcony, sitting rm, fitted kitchen, balcony, bathroom, separate w.c., garage and communal gardens. EPC Rating of D.

ALDWICK BAY ESTATE **£269,950**

A ground floor flat situated in a small development in private marine estate approx. 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. double glazing, dual aspect living room with doors opening to the West facing area of garden, fitted kitchen & bathrm, three bedrooms, garage and the use of the South facing communal gardens. EPC RATING C



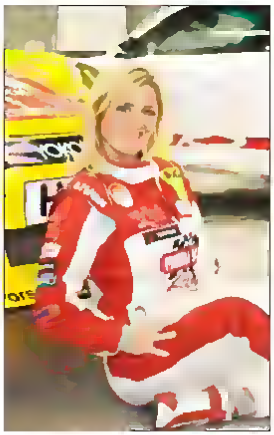
ALDWICK **£130,000**

A one bedroom close care apartment in the grounds of the Royal Bay care and nursing home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets, replacement shower room, refurbished kitchen and an internal redecoration. Gas c.h., double glazing, living room and a communal laundry room EPC rating is C

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

The fastest taxi driver in the world



WELL-KNOWN to viewers of BBC Top Gear, Sabine Schmitz is preparing to make her Silverstone Classic (26-28 July) debut racing a 220mph Porsche 962 in one of the massive event's thrilling races for Group C prototypes

The 44-year-old German first came to fame as the 'fastest taxi driver in the world', a title she gained for driving passengers around the full 12.9-mile Nurburgring Nordschleife circuit at very high speeds.

Over the past decade Schmitz has made regular appearances on Top Gear – most memorably when claiming all she needed was a Transit van to beat Jeremy Clarkson's best lap time around the fearsome Nordschleife in a Jaguar S-type diesel. It was a challenge she only just failed to master in a later show.

As well as being a television personality both in the UK and Germany, Schmitz is also a notable racing driver. Indeed, she was the first woman to taste victory in a major 24-hour race when winning the Nürburgring 24 Hours in 1990 – a feat she repeated the following year, too.

At the Silverstone Classic, Schmitz will be sharing a Porsche 962 with Klaus Abbelen in the two spectacular showdowns for Group C prototypes that raced at Le Mans in the Eighties. "The Porsche 962 is such great car for the purists – I just love driving it," she said. "Silverstone is the Mecca for all petrolheads and, with all the downforce in the fast sections, racing the 962 is going to be a fantastic experience – if a little painful on the poor old neck muscles!"

"It's going to be an incredible feeling to be racing against so many wonderful cars from that period," confirmed Abbelen. "For us to be part of something so special is just going to be amazing. We can't wait."

The two Group C races are now firmly established among the major highlights at the Silverstone Classic, notably the spectacular showdown at dusk on Saturday evening. Every year the entry seems to get stronger and more competitive.

Incredibly this year's grid will include no fewer than six Porsche 962s with ex-F2 racer Herve Regout likely to be the pacesetter. Others to look out for are Japanese speedster Katsu Kubota in his Nissan R90C – a winner at the 2011 Classic – plus the fire-breathing 1989 Mercedes C11 'Silver Arrow' shared by Gareth Evans and triple-FIA Thoroughbred Grand Prix champion Bob Berridge.

Nic Minassian debuting the world's sole surviving Jaguar XJR-14, though, will take a lot of beating. As a member of Peugeot factory team, the British-based Frenchman has two Le Mans podiums to his name in 2008 and 2011 and the Ross Brawn-designed purple XJR-14 won the FIA World Sportscar Championship in 1991 when piloted by the likes of Martin Brundle and Derek Warwick.

Indeed the evocative Group C field is truly representative of the era with Jaguar XJR8/9, Martini Lancia LC2s, Spices galore, a Swiss-built Cheetah and the Australian Veskanda-Chevrolet all in the mix.

This year's two Group C race have all the ingredients to be the most exciting yet," said Nick Wigley, Event Director. "We have all the most competitive cars and drivers from past years plus the added thrill of Sabine in the 962 and Nic in the incredible XJR-14 which is probably the ultimate Group C racer. The sights and sounds of these fabulous cars racing into the sunset on Saturday evening is going to be very special."

Those wanting to catch what promises to be two epic Group C battles at the unmissable Silverstone Classic must buy tickets in advance. In keeping with the popular event's widely acclaimed 'access all areas' policy, tickets include free entrance to all the special classic car displays, both National and Wing racing paddocks and pit complexes, trackside grandstands, live music concerts on Friday and Saturday evenings plus a host of other entertainment for all ages and interests. Adult admittance is from just £35 (plus fees) and considerable savings are on offer for those festival goers spending the full weekend at Silverstone. Full details can be found on the official silverstone-classic.com website.

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL

A FAMILY OWNED AND FAMILY OPERATED CHICHESTER BUSINESS

QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

HIRE THE FUNKY FIAT 500 NOW

£25.00 + Vat For 1 Day
£60.00 + Vat For 3 Days
£99.00 + Vat For 7 Days

GREAT CAR - GREAT PRICE - GO ON, HAVE SOME FUN !
BOOK ONLINE, BOOK BY PHONE OR SIMPLY POP IN.

West Sussex Trading Standards
Buy With Confidence
Approved Trader

www.panthertruckrental.co.uk e-mail enquiries@panthertruckrental.co.uk
FAMILY RUN BUSINESS - ESTABLISHED 1987
CHICHESTER 01243 778109

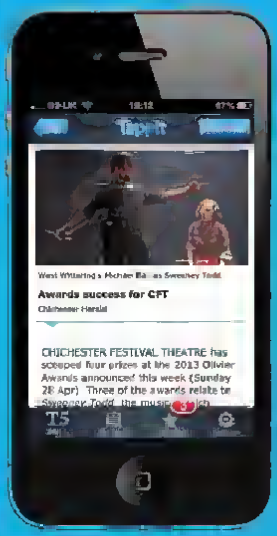
Advertise. Publish. Easy.

Tappit
You can't knock it.

Visit **www.tappit.co.uk** to get a FREE account and start creating an advert in just a few easy steps...

Category | Location | Date | Logo | Content | Publish

Get the Free Tappit App.


Tappit
Awards success for CFT
Chichester Herald
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr) Three of the awards relate to

Up-to-the-minute information about what's happening where you are...

- Location-based news, info, offers & deals.
- Favourite your interests for future alerts.
- Customise what you want to see.

Available on the App Store

ANDROID APP ON Google play

Sport

FOLLOW US ON TWITTER @chiherald

Straight from the commentary box

The name's Garcia, Oscar Garcia

Johnny Cantor

YOU MUST remember the scene. In the climax to the Bond films in the 70s and 80s, as the rocket was being prepared to cause mass destruction or whip an evil baddie to proposed safety, a tannoy would bellow out "10 minutes and counting" Then "9 minutes and counting— Etc

Those haunting words are in my ears at the moment as the countdown continues to the first day of the new season August 3rd Leeds Away As the 'Poyet affair' limps to a final conclusion I have been reminding myself of all the wonderful memories from last season. There were some cracking games (including Leeds away!), some outstanding individual and team performances that we mustn t forget

The club have made just one signing since Oscar Garcia joined as Head Coach and most of the squad remains intact Continuity remains and the qualities of Ulloa, Bridcutt, Buckley and Orlandi are still at the fore with the returning Upson adding steel and experience to the back unit

The recent headlines have tarnished the conclusion of a campaign that was, in isolation, above expectation for most.

The name Oscar Garcia has more the whiff of an evil warlord than James Bond but if the Spaniard pulls off promotion in the face of fiercer competition then Albion will have their own 007rather than Blofeld Get yourself ready for the next instalment: possible film titles more than welcome

Follow Albion home and away on BBC SussexSport

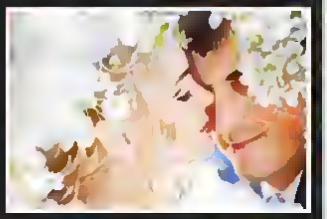
BBC SUSSEX
95.3FM | 104.5FM | 104.8FM | DAB
Be part of it.

Follow them on Twitter
@BBCSussexsport
@johnnycburger

Let us know what you think
@chiherald

CHICHESTER
Park Hotel
***
TO MAKE A RESERVATION CALL
01243 817400

WEDDINGS
at Chichester Park Hotel



To make sure your wedding is memorable for all the right reasons, it pays not to leave anything to chance, including your search for wedding venues

Chichester is a magnet for brides and grooms. The city's historic centre, the South Downs National Park and south coast all combine to create the perfect wedding location

Visit our website for more information on why Chichester Park Hotel is the right venue for your big day

Having your wedding in a hotel can make the event comfortable and convenient for both you and your guests; after the big day you can quickly retreat to our honeymoon suite! Our hotel is suitable for either large celebrations or intimate gatherings and a bespoke menu can be designed just for you. And we can provide pre-wedding pampering sessions thanks to our Retreat Beauty Spa. So what are you waiting for? Chichester Park Hotel is the perfect venue for your wedding day!

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel 01243 817400 www.chichesterparkhotel.com

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

SPITFIRES, MERLINS & MOTORS AT IWM DUXFORD

28 JULY 2013

Adult £48, Senior Citizen £46 & Child £20

For this new event, the iconic Spitfire has been partnered with stunning classic cars, represented by car clubs such as the Rolls Royce Enthusiasts Club. Hear the unmistakable roar of the exhilarating engines that power these thrilling modes of transport

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

Cricket

City can't handle Bridges

LEAGUE ROUND UP FOR 13 JULY
PREMIER DIVISION
CHICHESTER crashed at Three Bridges as they themselves pulled well clear of the relegation zone with a 119 run win as they declared on 257for 6 of which Conor Golding hit 103not out and James Chadburn made 75. For the Chichester, Richard Browning took 4 for 33 but then his side tumbled to defeat at 138 all out of which Ashton Turner made 31.

For Bridges Olhe Blandford took 3 for 22 and Michael Rose 2 for 33

DIVISION TWO
Goring decided to field having won the toss at Middleton and then sent their hosts crashing to 98 all out. Ross Bauhmann took 4 for 31 and Matt Keen 3 for 25 in the innings as Brandon Hanley top scored, he made 38. The winners then lost five wickets to reach 99 for 5 as Hanley took 4 for 48 and Matt Keen hit top score of 43.

DIVISION 3 ROUND UP
WEST
Billingshurst and Shrlands are well clear at the head of Division 3 West while Arundel are looking vulnerable at the bottom of the pile.

Billingshurst beat Pagham by 7 wickets taking revenge for their only league defeat earlier in the season. Stuart Rutter hit 85 for Pagham but Ben Williams took 6-65. Needing 168 for victory Billingshurst got there with 7 wickets in hand as Dhanushka Mitipolaarachchi once again starred with 74 not out

Struan Cameron took 5-28 for the visitors as Shrlands bowled Wisborough Green out for just 93 and then claim a 10 wicket win.

Bognor Regis played out a high scoring draw with Crawley Eagles posting 259-6 after electing to bat. Imran 98 and Amaar 55 were their principal contributors but they were unable to take Bognor s final wicket. Ryan Maskell 64 and Luke Seward 60 made significant scores while Adil claimed 4 52.

Henfield enoyed a 7wicket win versus Arundel who are now in considerable trouble being some 55 points adrift at the bottom of the table. Paddy Horne made 52 not out for Arundel but Brighton Muguchi s 5-40 restricted them to just 157. Henfield then moved to a 7wicket win as Adam Scott made72 not out and Brett Moore 56.

Football

Chichester's pre-season line-up

CHICHESTER CITY FOOTBALL CLUB started their pre-season this week after a positive return back to training with a tough trip to Moneyfields on Tuesday evening.

Despite a 4 1 defeat, new joint manager Sean Forry said: "Lost but not a bad performance and last three goals were down to fitness. It was Moneyfields' fourth friendly, so to be expected."

The club kick-off their schedule with first team pre-season matches as follows, Saturday 20th July, away, Petersfield, ko 1pm. (2 matches), Saturday 27th July, home, Christchurch (Steve Bernard Memorial) ko 3pm, Tuesday 30th July, away, Fareham. ko 7.30pm

Under 18 pre-season matches are as follows-

Sunday 4th August, Home, Roffey FC, KO 11am; Sunday 11th August, Away, Hayling United FC, KO 12 midday; Sunday 18th August, Away, Fareham FC, KO 2pm; Sunday 25th August, Home, BroadBridge Heath FC, KO 11am

FITJOY
exercise for all

SUMMER BOOTCAMP

Get In Shape for Summer with Fitjoy, Designed to help you lose body-fat, drop inches and tone up!

10% OFF WITH THIS ADVERT
OR £72 FOR BOTH COURSES
SAVE £12!!

Thursday's 6-7pm at Central Primary School Playground at the back (Hall available if needed)

CAMP INCLUDES - *Intense fat burning training sessions. - Nutritional Sessions and food choice info. - Constant Help from Weight loss SPECIALIST - Use of latest fitness techniques including KETTLEBELLS, "TRX" ROPES and TRX TRAINING.*

6 week camp starting the 27th June until 1st August 6 weeks for £36

8 weeks camp starts 8th August until 26th Sept 8 weeks far £48

INFO AND BOOKINGS
07738249612
NATALIE@FITJOY.CO.UK
JAMES@FITJOY.CO.UK

Fitjoy also offer Personal Training, Zumba, Bokwa, Kids fitness, Kettlebells and Sports Therapy for a full list of our services visit:

WWW.FITJOY.CO.UK

T&Cs *One offer to be used only *Must sign up before the 26th June *Bootcamp must be booked

Let us make your home Beautiful

GENUINE VANCOUVER OAK
COPYRIGHT PROTECTED
BEWARE IMITATIONS!
YOUR ONLY LOCAL APPROVED STOCKIST

We are a proudly independent family business located on the outskirts of Chichester

Don't get Chichester up to your shop in our gorgeous little town, enjoy lunch or a cream tea at our award winning restaurant overlooking our beautiful gardens!

Russells

THE COASTAL GARDEN COMPANY

RUSSELLS GARDEN CENTRE AND BOUTIQUE DELI BIRDHAM

FIND US ON THE ROAD TO WEST WITTERING BEACH

WWW.RUSSELLSGARDENCENTRE.COM